

start a career in
TRAVEL
TODAY!
www.startyourcareer.ca
(403) 920.0070
ROBERTSON COLLEGE



Still on board

Alexandre Despatie will continue his comeback from a diving accident when he competes in the three-metre springboard final. Watch him Tuesday at 11:55 a.m. on CTV.

SIPPIN' PRETTY

CANUCKS ARE SHOWING THEIR SPIRIT IN LONDON. FOR THE PHOTOGRAPHIC EVIDENCE, GO TO METRONEWS.CA STORY, PAGE 11



Tuesday, August 7, 2012

News worth sharing.

CALGARY

metro

metronews.ca | twitter.com/metrocalgary | facebook.com/metrocalgary



SHATTERED DREAMS

Canadian forward Sophie Schmidt reacts after her squad's 4-3 extra-time loss to the United States in the women's soccer semifinal at the Olympic Games at Old Trafford in Manchester, England, on Monday. For more on the match, see page 28. MIKE RIDGEWOOD/CANADIAN OLYMPIC COMMITTEE/THE CANADIAN PRESS

No payout for AHS executive

Probe. 'Arm's-length audit' to give Albertans answers after more than \$300K in expenses racked up: Minister



JEREMY NOLAIS

jeremy.nola@metronews.ca

Severance pay will not be offered to a former provincial health executive who piled up nearly \$350,000 in expenses during three years of work with the Capital Health Region.

Allaudin Merali, who had only recently been appointed the chief financial officer for Alberta Health Services, resigned last week after released documents revealed he was reimbursed for everything from grocery bills to opera tickets.

Along with deciding against severance for Merali, AHS has also been directed by provincial Health Minis-

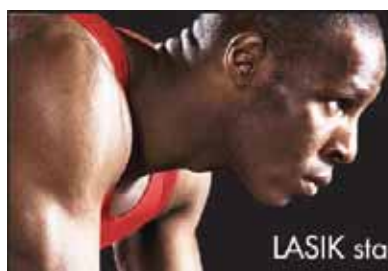
ter Fred Horne to appoint an independent firm to conduct a full audit of the executive's expenses and procedures for such claims in general.

"The goal of this is to get all of this information on the table. Nothing gets swept under the carpet," Horne said during a phone interview Monday. "Then, we can deal with it appropriately to ensure nothing like this happens again."

But Wildrose Leader Danielle Smith said Horne is doing some "last-minute butt-covering," noting his name was on one \$220 dinner bill filed by Merali as an expense.

"He's absolutely not the right person to be leading this investigation," she said. "He's been implicated in it."

Horne said AHS developed more stringent policies for expenses shortly after the provincial body was created in 2008, but added he is open to further improvements.



GIVING CANADA'S ATHLETES
 THE **VISION TO SUCCEED**

LASIK MD
 VISION



LASIK starting at **\$490/eye*** • FREE Consultation: 1-877-554-9888 • lasikmd.com/teamlasikmd

*Subject to medical examination and approval. LASIK is not suitable for everyone. LASIK is a surgical procedure and carries risks. LASIK is not a guarantee. LASIK is not a warranty. LASIK is not a contract. LASIK is not a promise. LASIK is not a guarantee. LASIK is not a warranty. LASIK is not a contract. LASIK is not a promise.

Edmonton transit

Fine hike does little to deter fare evaders up north

Efforts similar to Calgary's to curb transit-fare evasion in Edmonton appear to have gained little traction.

One year after city-council members in Alberta's capital city voted to bump the fine for failing to pay a transit fare up \$140 to \$250, enforcement officers are still finding 3.5 to four per cent of riders are not paying up.

This comes as Calgary aldermen recently voted overwhelmingly in favour of tacking \$100 onto the fine for fare evasion, which officials estimate 4.5 per cent of transit riders are guilty of.

Ald. Andre Chabot, who advocated for a smaller fine bump and increased security presence on Calgary's transit system, was not surprised by Edmonton's fare-evading stalemate.

"Even if you get caught three times a year, it's almost a wash," he said. "It's almost worth it to take the risk of getting caught. That's why I'm saying more security is needed — people see others getting caught."

Calgary Transit officials told Metro in June that they had recently launched a seven-member team dedicated to nabbing free-riding transit users. Early data suggest that as many as double the usual will be caught by year's end.

Chabot said he will continue to advocate for further increases to transit security, adding that, beyond fare-enforcement benefits, it may also encourage new riders.

JEREMY NOLAIS/METRO/
WITH FILES FROM
HEATHER MCINTYRE



Hopping on Calgary Transit could soon be cheaper for low-income riders, should city council green-light new proposals coming forward next month. METRO FILE

Sliding-scale fares eyed for low-income riders

Buses and LRT.

Proposal coming forward next month to city council could increase rider levels and fare compliance, proponent says



JEREMY NOLAIS

jeremy.nolais@metronews.ca

Annual gross income could soon determine just how much of a deal low-income transit riders get on their monthly bus passes.

Bonnie Pacaud, with the advocacy group Fair Fares, said a number of proposals concerning rates and practices for Calgary's poorest

Details of proposals

- Vibrant Communities Calgary's Dan Meades said he's been told the proposed sliding scale for low-income transit users will divide residents into four groups based on annual income. The discounts will begin at 50 per cent and increase

from there, he added.

- A report coming next month will also suggest a streamlined application process that will see a resident apply for all low-income subsidies offered by the city at the same time.

bus and LRT passengers will come forward to city council next month, including one advocating a sliding scale for those living under the federal low-income cutoff (LICO), which currently sits at about \$23,600.

"This is something that's been discussed for probably five years, but it's only now that an actual proposal

is coming forward," Pacaud said. "One of the benefits we hope is less fare evasion."

The final fares for the scale system are still being sorted out, Pacaud said. Currently, those living at 75 per cent of LICO or less pay \$40 for their monthly bus pass, a nearly 60 per cent discount on the standard rate.

But while Dan Meades,

with anti-poverty group Vibrant Communities Calgary, deemed the proposed sliding scale a good step forward, he said ideally everyone living at or below LICO would ride free and then discounts would apply to those struggling on incomes above that mark.

"I still have serious concerns about differentiating between people living in poverty," he said. "We know LICO is the absolute bare minimum at which somebody can sustain a life in Calgary."

Meades added that often Calgarians earning annual income in the \$25,000-to-\$30,000 range are working two jobs, and rely on transit to get around.

Follow Jeremy Nolaïs on
Twitter @Metro_Nolaïs



Mobile news



Age ain't nothin' but a number. So says William Bell, a 90-year-old U.S. athlete. Scan the code to watch him break the world record in pole vaulting for his age group.

HOW DO YOU KEEP 200 MILLION CUSTOMERS HAPPY? WITH YOUR EARS.



Being part of a global company across 18 countries means we have over 200 million customers to listen to and learn from. That helps us provide you with the products and services you deserve, like unlimited plans that really are unlimited.

THAT'S THE POWER OF

WIND™



WINDmobile.ca

The perils of cut-price plastic: Police warn of flimsy river rides

Proper gear required. Many of this summer's rescues are due to cheap rafts coming apart

CANDICE WARD
calgary@metronews.ca

A day out on the river can turn dangerous quickly for those who aren't prepared, say police.

Sgt. Ed Perkins, with the Calgary Police Service, says he is still surprised by the number of rafters hitting the fast-moving waters of the Bow River in poorly constructed watercraft.

"I can spit through some of those rafts," says Perkins. "I think someone's life is worth more than \$9.99."

Perkins says one of the biggest dangers is when the

cheap raft strikes any sort of object and then plastic begins to pull apart at the seams.

"It's like someone opened up a trap door and you end up in the drink," says Perkins. "Then it literally wraps you in plastic." He compares the effect to walking out on a covered swimming pool.

Many of the rescues that have been performed this summer are due to the cheap rafts coming apart when they strike a bridge or other object, leaving the passengers stranded.

When heading out on

Weekend campaign

- Over 3,000 rafters were stopped Saturday on the Bow and Elbow rivers.
- Fifty tickets were issued on Saturday, mostly for liquor violations.

one of the rivers this summer, he recommends looking for a raft that states it is a river raft, built to handle both fast-moving water and rafters' actual weight.

Quoted

"I can spit through some of those rafts. I think someone's life is worth more than \$9.99."

Sgt. Ed Perkins, Calgary Police Service



Const. Trevor Sadownick inspects the contents of one of the many rafts that hit the Bow River this weekend. Police were out looking for liquor and ensuring the safety of everyone using the waterways. CANDICE WARD/FOR METRO

U of C student centre in line for \$150M renovation



Study areas like this inside the MacEwan Student Centre could be overhauled in the years ahead, but not before students have their say on the building's future. JEREMY NOLAIS/METRO

Up to 5,000 students at Calgary's largest university will be surveyed on changes they would like to see at what is likely the most popular venue on campus.

Study space, a food court and, of course, a couple of bars are already housed inside the MacEwan Student Centre at the University of Calgary; however, student union head Hardave Birk said the university is engaged in a master planning exercise that could soon see \$150 million secured for future building renovations.

"If there's an area of the

building that students are satisfied with, we're probably not going to change that at all," Birk said, adding the The Den & Black Lounge as well as the MacEwan Ballroom concert hall will likely remain intact.

"There's some study space in the building that's not well maintained, that could be improved.... Those are the kinds of things we are looking at," Birk added.

Bob Ellard, vice-president of facilities management and development, said discussions about the centre's future began out of the ne-

cessity to repair wear and tear on areas like washrooms, and has evolved into an opportunity to engage students.

"We're saying, 'Let's keep the things you like but focus on making the things you don't like better,'" he said.

Students speaking to Metro were quick to offer suggestions for improvement.

"I think they need to make it bigger," said second-year geography student Bharanidharan Hemachandran, referring to the food court. "When you

Aging building

- MacEwan Student Centre opened in November 1967.
- Mass renovations at the centre are not likely to begin for at least five years, said Bob Ellard, the university's vice-president of facilities management and development.

come here in the fall, you can never find a place to sit. It's crazy." JEREMY NOLAIS/METRO

BECOME A MASSAGE THERAPIST

IN JUST
5
MONTHS

ALBERTA GOVERNMENT CURRICULUM

CLASSES AVAILABLE ON:

- SAT/SUN
- EVENING/NIGHT
- MORNING

PLUS
WE OFFER
THESE GREAT
PROGRAMS

- Health Care Aide
- Medical Office Assistant
- Accounting & Payroll Administration
- Business Administration



ABM COLLEGE
OF HEALTH & TECHNOLOGY

1, 3516 26 AVE NE
[OPPOSITE THE GREENWOOD INN]
PH 403.719.4300
abmcollege.com
info@abmcollege.com

Wyndham Carseland

Calgary rafter in critical condition

RCMP say a Calgary man is in critical condition after he and a rafting partner were ejected near Carseland Sunday afternoon.

The pair were on the water in a weir area at Wyndham Carseland Provincial Park around 4 p.m. After being thrown in the water, the Calgarian managed to swim back to the raft and pull himself in. The other rafter from Sylvan Lake was able to swim to shore. The Calgarian's raft was pulled under the water before rescuers reached him; eventually he was rescued and rushed to hospital. **METRO**

Multiple weapons found

Man dies after house-party fight in Edmonton

Multiple knives, including a machete-style blade, were seen in the area around a Edmonton townhouse complex Monday morning, where a 22-year-old man died.

Edmonton Police Service Insp. Dean Hilton said multiple calls came in just before 5 a.m. about a disturbance at Torbay Point on Mill Woods Road East near 16A Avenue.

The man was taken to hospital, where he later died. If determined it was a homicide, it will be Edmonton's 17th of 2012. **METRO**

Calgary southeast

One dead in house fire

One person was found dead after a southeast house fire Monday evening, according to the Calgary Fire Department.

Fire crews responded to a home in the 200 block of Dovely Place S.E., and upon arrival were met with heavy smoke, fire officials said. Crews were able to gain entry to the home and contain the fire. Three people were there at the time, fire officials said, but only two were able to escape.

During the investigation the third person was found dead. The cause of the fire is still unknown. **METRO**

Dell recommends Windows® 7.



The power to do more

Savings for you. Education for them.

Dell™ Inspiron™ 15R with the Intel® Core™ i5 processor can help stretch your student's imagination.

4 Day Sale



NEW Dell™ Inspiron™ 15R

A 15" laptop with 3rd Gen Intel® Core™ processor power and optional SWITCH lids.

Starting Price ~~\$699.99*~~

\$649.99* Total Savings \$50*

E-Value™ Code: 33555-A15RNP1

\$18/mo*

- 3rd gen Intel® Core™ i5-3210M processor
- Windows® 7 Home Premium
- 8GB* Memory*; 1TB* Hard Drive
- Integrated Webcam with Microphone
- Intel® 2230 Wireless-N
- 8 x DVD /-RW* Drive
- Adobe® Premiere® Elements + Adobe® Photoshop® Elements Bundle*

Moon Silver switch lid comes standard. Optional SWITCH by Design Studio lid starting at \$29.99

Save up to 50% on select items this holiday long weekend. 8/3-8/6/2012



NEW Dell Inspiron 15R Special Edition

Take on any challenge with this performance powerhouse.

Starting Price ~~\$999.99*~~

\$949.99* Total Savings \$50*

E-Value™ Code: 33555-A15SEP1

\$26/mo*

- 3rd gen Intel® Core™ i7-3612QM processor
- Windows® 7 Home Premium
- 8GB* Memory*; 750GB* Hard Drive
- Intel® 2230 Wireless-N
- 2GB AMD Radeon™ HD 7730M DDR3 Graphics Card*
- 8 x DVD /-RW* Drive
- 15.6" Full High Definition Widescreen (1080p) Display

Add 36 months McAfee® SecurityCenter for \$99*



NEW Dell Inspiron 17R

Move over, desktop - this affordable laptop has everything you need.

Starting Price ~~\$849.99*~~

\$799.99* Total Savings \$50*

E-Value™ Code: 33555-A17RNP1

\$22/mo*

- 3rd gen Intel® Core™ i7-3612QM processor
- Windows® 7 Home Premium
- 8GB* Memory*; 1TB* Hard Drive
- Integrated Webcam with Microphone
- Intel® 2230 Wireless-N
- 8 x DVD /-RW* Drive
- Adobe® Premiere® Elements + Adobe® Photoshop® Elements Bundle*

Add 36 months McAfee® SecurityCenter for \$99*



NEW Dell Inspiron 660

The Inspiron 660 desktops offers cutting-edge design to harmonize with your home environment.

Starting Price ~~\$549.99*~~

\$499.99* Total Savings \$20*

E-Value™ Code: 33555-I660NP1

\$14/mo*

- 2nd gen Intel® Core™ i3-2120 processor
- Windows® 7 Home Premium
- 6GB* Memory*; 1TB* Hard Drive
- 16 x DVD /-RW* Drive
- Dell 1506 802.11n Wireless Card
- Adobe® Premiere® Elements + Adobe® Photoshop® Elements Bundle*



Choose from 4 different colors, Black is standard. Peacock Blue, Formosa Red, Solid White, Deep Purple for \$25*



Dell™ 1130 Laser Printer

Starting Price ~~\$129.99*~~

\$79.99* Total Savings \$50*

SKU: 224-9632

- Up to 19 letter-sized pages per minute

Free Shipping

Free shipping on all laptops, desktops and accessories.

Microsoft® Office 2010 gives you simple timesaving tools to keep up at home or school.

Limited Time Offer! Preinstall Microsoft® Office Home and Student 2010 for \$89

No interest offers available starting at \$699.

Pay in full by no interest period* to take advantage. Conditions apply. Call or visit dell.ca/nointerest for details.

Dell.ca/learning or 800-733-7472



Sign up for special deals and news at: Dell.ca/emailinsider



Follow us at: twitter.com/dellhomesalesca



Like us at: facebook.com/DellCanada

Offers valid 8/3-9/2012 unless otherwise noted.

***48-Month Installment Plan (Plan)** offered by Dell Financial Services Canada Limited on approved credit to eligible customers. Minimum transaction amount of \$499 is required. No down payment required. Monthly payment set out in the ad is based on a Plan APR of 13.99% and an advance equal to the advertised price for a specific product configuration. Representative example of a Plan: \$999 advanced; 13.99% APR; \$27.29 monthly payment; total payable is \$1309.92; total cost of borrowing is \$310.92. Please contact Dell for more information. Applicants who do not qualify for a Plan at 13.99% may be approved for a Plan at a higher APR. **No interest for 6 Months with minimum transaction amount of \$699 ("6 Month No Interest Offer")** or no interest for 12 Months with minimum transaction amount of \$1299 ("12 Month No Interest Offer"), each subject to certain conditions. Offered by Dell Financial Services Canada Limited on approved credit to eligible customers. Only available to customers outside Quebec who enter into a 48 month installment Plan (Plan) for qualifying purchases from Dell from August 3, 2012 until August 30, 2012, 10 pm EST; not available on orders or financing entered into before or after this promotional period. The transaction must include a Dell system. The no interest period starts on the day Dell ships the products to you (the "Start Date") and ends 6 months after that date for the 6 Month No Interest Offer or 12 months after that date for the 12 Month No Interest Offer ("No Interest Period"). To take advantage of either the 6 Month No Interest Offer or the 12 Month No Interest Offer, you MUST (1) pay the full balance before the end of the No Interest Period, AND (2) pay all monthly payments due before the end of the No Interest Period by their payment due dates. If you do not meet either of these conditions, you will be charged interest at the Plan interest rate, accrued and calculated daily from the Start Date. You may arrange a full payout by calling Dell at the number provided with your Agreement. Representative example of a Plan: \$999 advanced; 13.99% APR; \$27.29 monthly payment; total payable is \$1309.92; total cost of borrowing is \$310.92. Applicants who do not qualify for a Plan at 13.99% may be approved for a Plan at a higher APR. Please contact Dell for more information. ***PRICES/OFFERS:** Offers available only in Canada for specified time period. E-value™ codes are locator codes and are not coupon or discount codes. To locate the system with the advertised price please mention or input the E-value™ code. Savings calculated on regular price offered by Dell. Total Value of a bundle equals aggregate of the regular price offered by Dell on individual components; bundle savings represents difference between advertised price of bundle and Total Value. Prices do not include applicable taxes, shipping, handling, environmental, restocking and other surcharges. Information in this material subject to error, cancellation, change and substitution at Dell's discretion at any time without notice. Dell reserves right to cancel orders arising from any errors and to limit quantities to 5 systems per customer. Offers not combinable with any other offers or discounts (i.e. limit 1 offer per eligible system). Certain products, configurations, colours and/or patterns may be limited in availability. **ERRORS:** Prices, offers, configurations and any other information in this material is subject to error, cancellation, change and substitution at Dell's discretion at any time without notice. Dell is not responsible for typographical, photographic, pricing, posting or other errors. **CUSTOMER TERMS AND CONDITIONS:** All purchases are subject to Dell's Customer Agreement or Dell's standard terms of sale. Dell's limited hardware warranty terms and the applicable Dell or third party service agreement. Copies available on request or at <http://www.dell.ca> **AVAILABILITY:** Certain products, configurations, colours and/or patterns may be limited in availability. **DELL'S RETURN POLICY:** If you are the original purchaser who bought new products directly from Dell, you may return the products in as-new condition to Dell up to 30 days after you receive them for a refund of the product purchase price if already paid. The refund or credit does not include any shipping and handling charges shown on your packing slip or invoice; you are responsible for those. Some exceptions apply. For complete details, visit dell.ca/servicecontracts. **BUNDLE OFFERS:** Limited return availability. Dell will only accept returns of all items in bundle. **SOLUTION STATION:** To view important service information including a list of supported products or issues, see dell.ca/solutionstation. Please note that supported products or issues may change at any time without notice to customers. Phone-based troubleshooting and "how to" questions only; on-site assistance, repair services or parts are not covered. **ACCIDENTAL DAMAGE SERVICE:** Excludes theft, loss and damage due to fire, flood or other acts of nature, or intentional damage. Customer may be required to return unit to Dell. For complete details, see www.dell.ca/servicecontracts. **CD/DVD/BLURAY BURNERS:** Discs burned with this drive may not be compatible with some existing drives and players; using DVD+R media provides maximum compatibility. **GRAPHICS AND SYSTEM MEMORY SDRAM:** Significant system memory may be allocated to support graphics, depending on system memory size and other factors. **HARD DRIVES:** GP means 1 billion bytes and TB equals 1 trillion bytes; actual capacity varies with preloaded material and operating environment and will be less. **OTHER SERVICE OFFERS:** Go to www.dell.ca for service agreement and details. Some services provided pursuant to a contract between customer and third party. **McAfee SECURITY CENTRE:** This offer is only available when purchased at point of sale and is not available after you purchase your system. **BLUETOOTH:** The Bluetooth word mark and logos are owned by the Bluetooth SIG, Inc. and used by Dell Inc. under license. **BLU-RAY DISC:** Blu-ray Disc and the Blu-ray disc logo are trademarks of Blu-ray Disc Association. **INTEL:** Ultrabook, Celeron, Celeron Inside, Core Inside, Intel, Intel Logo, Intel Atom, Intel Atom Inside, Intel Core, Intel Inside, Intel Inside Logo, Intel vPro, Itanium, Itanium Inside, Pentium, Pentium Inside, vPro Inside, Xeon, and Xeon Inside are trademarks of Intel Corporation in the U.S. and/or other countries. **MICROSOFT:** Microsoft, Excel, Groove, InfoPath, Internet Explorer, MSN, the Office logo, OneNote, Outlook, PowerPoint, Windows, the Windows logo, the Windows Performance Rating logo, Windows Server, Windows Vista, and the Windows Vista start button are either registered trademarks or trademarks of the Microsoft group of companies in the United States and/or other countries. © 2012 Microsoft Corporation. **OTHER:** All other trademarks are the property of their respective owners. © 2012 Dell Inc. All rights reserved.

Your PC, simplified.



Windows 7

Rockies. Search on for missing Calgary hiker

Parks Canada personnel along with Lake Louise RCMP are searching for a Calgary man who was reported overdue from an excursion in the Rockies.

Ho-Seok (Michael) Hwang, 44, of Calgary, left the morning of Aug. 4 for a hiking or climbing trip to Castle Mountain and didn't return that evening, police said.

Hwang's white Ford Taurus station wagon was found at the Castle Mountain trail head parking lot, and nothing was unusual, police said.

Rescue crews will be continuing their search for Hwang, who was last seen with light brown pants and an orange long-sleeve shirt, from the air and on the ground.



Ho-Seok (Michael) Hwang
METRO/RCMP HANDOUT

Anyone with information on Hwang's whereabouts is asked to call Parks Canada at 403-762-1470 or Lake Louise RCMP at 403-522-3811.

METRO

Elbow Drive

Another groping incident reported

Calgary police were busy again early Monday after a woman reported being grabbed from behind in the city's southwest.

The incident took place near the 3600 block of

Elbow Drive S.W. around 7:45 a.m. The woman, who was wearing headphones at the time, was not injured.

Police responded to at least six sex-related encounters reported by women last month; however, they have yet to determine any link between those and Monday's incident.

METRO

New taxi complaints system reveals good, bad of service



Good or bad, Calgary cab users are being asked to continue providing feedback online at Calgary.ca. METRO FILE

Online. More than 100 passengers have already filed concerns and praise through Calgary.ca system



JEREMY NOLAÏS

jeremy.nolais@metronews.ca

Hopping into a Calgary cab can lead to anything from a pleasant to downright disturbing experience, according to early customer feedback provided through a new online service.

Two months ago, city representatives began fielding complaints at Calgary.ca, and the program is quickly gaining steam, said chief livery officer Marc Halat. To date, city officials have heard from 111 passengers through the service.

"This is all about holding the industry to a higher level of transparency," Halat said. "Folks, if you are using cabs in the city, we want to hear from you."

While not all of the customer feedback has been negative — in 20 cases, citizens

Proportionally speaking

- Kurt Enders with Checker Yellow Cabs said the number of complaints issued by customers remains relatively small, given that taxi services in the city are involved in more than eight million trips annually.

actually took the time to commend their drivers — a few cases have required serious intervention, Halat said. In one instance, a female passenger alleged her cab driver was attempting to make sexual advances on her. In another, a passenger claimed a driver was incompetent, but Halat said it was determined the complainant was exhibiting racial bias.

City staff are assigned to follow up on every complaint. Halat said half of those filed through the new system have already been resolved, with a number of cab drivers being issued one-time warnings.

Follow Jeremy Nolaïs on Twitter @Metro_Nolaïs



GO ON, REWARD YOURSELF
\$10 TO SPEND
NOW
ON YOUR FIRST \$25 PURCHASE

Together with you, we are building Canada's largest online store. With millions of products, free shipping, free returns and up to 2.5% cash Rewards, www.SHOP.CA has something for everyone.

SHOP • CA™

SHOP & EARN, EVERY TIME!™

Got great products to sell? Contact supplier@shop.ca | SHOP.CA Sign-UP required to claim \$10 Reward and can only be used at SHOP.CA

ROGERS™
authorized dealer

CALGARY

Deerfoot Meadows

(403) 253-1800

Northland Village

(403) 247-8415

Marlborough Mall

(403) 248-5554

(403) 235-6779

Chinook Park Plaza

(403) 252-2227

Macleod Trail Co-op

Shopping Centre

(403) 287-0870

2015 32 Ave. NE

(403) 291-6801

Shawnessy Shopping

Centre

(403) 254-6901

Marda Loop

(403) 265-5555

Gulf Canada Square

(403) 261-2012

SunCor Energy Centre

(403) 532-5994

Beacon Hill

(403) 295-8006

South Trail Crossing

(403) 257-6655

Crowfoot Crossing

(403) 215-7300

17th Avenue Plaza

(403) 974-3150

Pacific Place Mall

(403) 727-2016

Beddington Townne

Centre

(403) 216-9363

T & T Supermarket

(403) 230-3380

London Town Square

(403) 219-2113

Aspen Landing

(403) 727-2019

City Plaza

(403) 263-7595

Okotoks

(403) 995-9349

Airdrie

(403) 948-9865

TD Square

(403) 571-7760

ROGERS™ plus

CALGARY

Millrise Plaza

(403) 256-2015

London Place West

Shopping Centre

(403) 246-7333

5244 Falsbridge Gate NE

(403) 280-5533

Market Mall

(403) 202-0200

Sunridge Mall

(403) 280-5151

Chinook Centre

(403) 253-0229

Southcentre Mall

(403) 225-6593

North Hill Centre

(403) 202-1801

Deerfoot Mall

(403) 275-3500

**OFFER ENDS
AUG. 8TH**

Now see what your phone can really do.

THE NEW 6 GB SUPER PLAN



What will you do with 6 GB?*

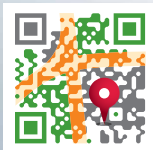
You could download 1,493 songs. You could send or receive 19,980 e-mails.

You could stream 100 hours of YouTube™ videos. You could update your status 1,148 times every day. Not that you would, but you could.

So, wherever you are and whenever you need it, with 6 GB a month there's practically no limit to what you can do.

**6 GB OF DATA | UNLIMITED CANADA-WIDE MY10¹ | UNLIMITED MESSAGING²
UNLIMITED 6PM EVENINGS & WEEKENDS³ | 200 WEEKDAY MINUTES⁴**

\$60/mo[±]
Includes all monthly fees



Scan to find a store near you

Hurry in and get the latest superphones with the new 6 GB Super Plan today.

rogers.com/SuperPlan

CONNECT EXCITING+ NETWORK TALK SHARE RELIABLE > ACCESS FREEDOM LIFE NETWORK CHAT
FRIENDS TALK FRIENDS SURF LIFE TEXT FIRST FAST
CHAT ACCESS SURF FREEDOM EXCITING+ FRIENDS

Creating World-Leading
Internet Experiences.

ROGERS™

ROGERS™
authorized dealer

ROGERS™ plus

«WIRELESSWAVE»

WIRELESS etc...

Costco
WIRELESS

FUTURE SHOP

SONY

booth
WIRELESS

BEST BUY

Walmart*

MOBILESHOP
Exclusive where President's Choice products are sold

LONDON DRUGS

Offers available for a limited time and subject to change without notice. *Estimates not cumulative and are estimates only, actual usage will vary. Usage subject to Rogers Terms of Service and Acceptable Use Policy, available at rogers.com/terms. Data usage is measured in kilobytes (kB) rounded to the next full kB in Canada and the U.S. and rounded to the next 20 kB elsewhere. Usage exceeding the data allotment provided is charged in \$10 increments (\$10/GB). U.S. data roaming is \$0.006/kB and International data roaming is \$0.03/kB. ±A one-time Activation Fee of up to \$35 (varies by province) also applies. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. 1 Unlimited Canada-wide calls apply to 10 numbers on MY10 list. International long distance, text-to-landline and roaming charges extra. Only 10-digit Canadian-based numbers eligible (excludes customers' own wireless number, voicemail retrieval number and special numbers like 1-800/1-900). One MY10 update/month. A \$5 charge will apply for each update via customer care. 2 Compatible device required. Includes Extreme text/picture/video messages sent from Canada to Canadian wireless numbers and received texts from anywhere. Sent/received premium texts (alerts, messages related to content and promotions) sent international texts and sent/received Extreme Text picture/video/IM/email (as applicable) while roaming not included and charged at applicable rates. 3 Local calls evenings from 6 pm to 7 am Mon.-Fri. and weekends from 6 pm Fri. to 7 am Mon. excluding calls made through Call Forwarding, Video Calling or similar services. 4 Local calls only, excluding calls made through Call Forwarding, Video Calling or similar services. TM & ©2012 Marvel Characters, Inc. ©2012 CPIL. All Rights Reserved. ©2012 Rogers Communications.

Shooting suspect was white supremacist: Rights group

Tragedy. Wade Michael Page shot dead by police after six were killed by gunfire at Sikh temple

The gunman who killed six people at a Sikh temple in Wisconsin and was killed in a police shootout was a 40-year-old army veteran, officials said Monday, and a civil-rights group identified him as a "frustrated neo-Nazi" who led a white-supremacist band.

Police called Sunday's attack an act of domestic terrorism. The FBI said there was no reason to think anyone else was involved in the attack, and they were not aware of any past threat made against the temple.

The shooter was Wade Michael Page, said First Assistant U.S. Attorney Greg Haanstad in Milwaukee. Page was discharged from the army in 1998

Quoted

"To see our community to go through something like this is numbing."

Gurpreet Kaur, 24

and declared ineligible to re-enlist, according to a U.S. defence official who spoke on condition of anonymity because he was not authorized to release information about the suspect.

Officials and witnesses said the gunman walked into the Sikh Temple of Wisconsin and opened fire as several dozen people prepared for Sunday-morning services. Six were killed, and three were critically wounded.

The federal Bureau of Alcohol, Tobacco, Firearms and Explosives said the gunman used a legally purchased 9mm handgun and multiple magazines of ammunition. Local authorities said they had no contact with Page before Sunday.

THE ASSOCIATED PRESS



People console each other on Monday near the Sikh Temple of Wisconsin where, the day before, a gunman fired upon people at a service in Oak Creek, Wis. Inset: Wade Michael Page. MAIN: DARREN HAUCK/GETTY IMAGES; INSET: FBI/THE ASSOCIATED PRESS



TRAINING FOR URBAN ABORIGINAL PEOPLE

START YOUR CAREER IN THE OIL PATCH WITH A 31-WEEK, FULL-TIME OIL AND GAS LAND ADMINISTRATION PROGRAM AT SAIT POLYTECHNIC.

Find out more at our information session:

- RUPERTSLAND INSTITUTE - METIS TRAINING TO EMPLOYMENT SERVICES
August 10, 2012 at 2:00 pm
#5, 2611 - 37th Avenue NE, Calgary, Alberta
To register please call 403.250.8902

Funding for this program is made possible by the Government of Canada, The Government of Alberta, Community Futures Treaty Seven, and the Rupertsland Institute - Métis Training To Employment Services.

MACPHAIL SCHOOL OF ENERGY

**FURTHER
YOUR
PASSION**



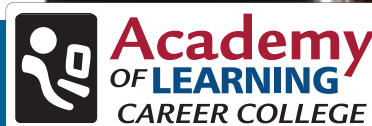
IT'S YOUR TIME!

Success is **closer** than you think.

Join the **97%** of Academy of Learning graduates who have found rewarding careers in Healthcare, Business, Information Technology, Hospitality, Legal and more!

FREE Career Consultation

Call Today,
**START
TRAINING
Right Away!**



www.academyoflearning.ab.ca

Calgary Northeast (403) 569-8973
Calgary South (403) 252-8973
Red Deer (403) 347-6676
Medicine Hat (403) 526-5833

Egypt vows to go after Sinai militants

Mideast. Egyptian military claims attackers who killed 16 had help of Palestinian militants

Egypt vowed Monday to take on Islamist militants who have turned the Sinai peninsula into a lawless haven and are suspected of killing 16 Egyptian troops as the fighters were en route to

a failed assault on neighbouring Israel.

But the goal of reining in jihadists in Sinai is complicated by limits on military activity in the area under the 1979 peace treaty with Israel and by tensions between Egypt's Islamist President Mohammed Morsi and the country's powerful military.

Morsi pledged he would make the killers pay for their crime and would restore secur-

Quoted

"The group that staged this attack is considered by the armed forces as enemies of the nation who must be dealt with by force." Egyptian military statement

ity to Sinai, home to several of the most popular Red Sea resorts in Egypt.

U.S. Defence Secretary Leon Panetta, who visited Egypt last week and met with its new

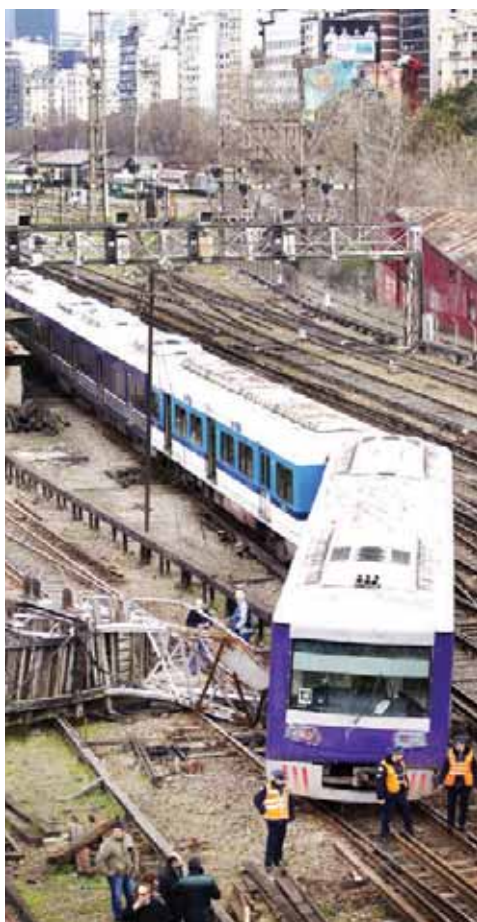
leaders, said the U.S. had concerns about security threats in Sinai. Egypt has seen a sharp deterioration in security throughout the country since the uprising that ousted Hosni

Mubarak in February 2011 and drove the hated police force from the streets. But even before the uprising, there was rampant lawlessness in Sinai.

The security problems stem from resentment among the native Bedouins over what they see as the police heavy-handedness and the lack of adequate government services. Security officials there say Islamists have forged alliances with disgruntled Bedouins.

Some Sinai Bedouins make a living out of growing illicit drugs, trafficking in black African migrants seeking a better life in Israel or supplying Gaza's merchants with goods through a network of secret tunnels running under the Egypt-Gaza border. A massive flow of smuggled arms from Libya are making their way into the hands of militant groups operating in Sinai.

THE ASSOCIATED PRESS



31 hurt in train derailment

Police officers stand in front of a derailed commuter train at the downtown Retiro station in Buenos Aires on Monday. The train derailed on arrival, injuring 31 passengers and causing traffic chaos on the fourth day of a strike that has shut down subways in Argentina's capital. EDUARDO DI BAIA/THE ASSOCIATED PRESS



RAISE SOME CASH!

PLAN A BOTTLE DRIVE FOR YOUR NEXT FUNDRAISER

Bottle drives are a fun and easy way to raise money for your organization while doing something great for the environment! There are many ways to do one: a door-to-door event, setting up a central drop-off site or through year-round collection.

Visit your local Depot for a How To Guide, door hangers or to learn more.

albertadepot.ca

DePOT
It's Worth It

GET BACK TO THE GAME SOONER

**SUPER PULSED LASER THERAPY
TO TREAT ARTHRITIS, TENDONITIS,
STRAINS & SPRAINS, LIGAMENT
AND TENDON TEARS**

Dr.Z.Janna Melnichuk DNM, LT, RMT
403.397.6164

www.theraquantsolutions.com

Benefits coverage is available

Sears***DISCOUNTS
AT THESE
LOCATIONS ONLY****CHINOOK CENTRE** 6455 Macleod Trail
DEERFOOT MALL 901-64 Ave Northeast**HUGE STORE****CLOSING**
EVERYTHING MUST GO!!!**ALL
WINDOW
TREATMENTS****40%
OFF**

Original Ticketed Price

**ALL
REFRIGERATORS,
FREEZERS,
DISHWASHERS,
COOKTOPS &
WALL OVENS****20%
OFF**

Original Ticketed Price

**ALL
FASHION CLOTHING
AND FOOTWEAR**
GREAT BACK TO SCHOOL SAVINGS!**30%
OFF**

Original Ticketed Price

**ALL
CRAFTSMAN TOOLS
& TOOL STORAGE****20%
OFF**

Original Ticketed Price

**SAVE
BIG!****ALL
LUGGAGE**
BEAUTIFUL SELECTION!**40%
OFF**

Original Ticketed Price

WE ARE SELLING OUT TO THE BARE WALLS!**40%
OFF**

Original Ticketed Price

**ALL
FINE GOLD
JEWELLERY****BEAUTIFUL
GIFTS FOR ALL
OCCASIONS****SHOP NOW FOR BEST SELECTION!**ALL SALES FINAL. OPEN REGULAR STORE HOURS. WE ACCEPT MASTERCARD, VISA, AMERICAN EXPRESS,
AND SEARS FINANCIAL™ CREDIT CARDS. WE ACCEPT SEARS GIFT CARDS AND SEARS CASH CARDS.
ALL ITEMS AVAILABLE WHILE QUANTITIES LAST. THIS STORE IS EXCLUDED FROM CURRENT SEARS
FLYER OFFERS. EXCLUDES COSMETICS, FRAGRANCES AND LICENSED DEPARTMENTS.

Mars rover sends back first images

Touch down. NASA's seventh landing a success after 'seven minutes of terror'

The robotic explorer Curiosity's daring plunge through the pink skies of Mars was more than perfect. It landed with spectacular style, said a NASA scientist who described the first images of its gymnastics through the so-called "seven minutes of terror."

Hours after the U.S. space agency learned the rover had arrived on target late Sunday, engineers and scientists got the first glimpses of the intricate manoeuvres it made to hit the Martian soil safely.

"It's a spectacular image," said NASA research scientist Luther Beegle. The photo, taken from an orbiting Mars spacecraft, shows Curiosity dangling from its supersonic parachute as it descended.

The extraterrestrial feat injected a much-needed boost to NASA, which is debating whether it can afford another robotic Mars landing this decade. At a budget-busting \$2.5 billion, Curiosity is the priciest gamble yet.

THE ASSOCIATED PRESS



One of the first images taken by NASA's Curiosity rover. NASA/GETTY IMAGES

Mission to Mars

Canada plays a role

NASA's Mars rover Curiosity will use a Canadian-made instrument the size of a soup can to gather information that will help Earthlings answer importation questions about our own planet, according to the Canadian Space Agency.

"The object of the mission is to see if Mars ever had, or still has, the conditions to support life," Canadian Space Agency director of space exploration projects Stéphane Desjardins said Monday.

Curiosity's Alpha Particle X-Ray Spectrometer, built in Ontario and attached to a robotic arm, will play a key role in collecting data, Desjardins said.

JESSICA SMITH/METRO IN OTTAWA

New Zealand

Volcano erupts, flights cancelled

A volcano erupted on New Zealand's North Island, Monday, spreading a layer of thick ash for several kilometres and causing some nearby residents to evacuate their homes. Some domestic flights were cancelled. The eruption lasted about 30 minutes and didn't cause any injuries or damage.

THE ASSOCIATED PRESS

Olympic distraction

Bottle-thrower not welcome

An Olympic spectator accused of hurling a plastic bottle onto the stadium track seconds before the men's 100-metre final pleaded not guilty Monday to creating a public nuisance.

A judge banned Ashley Gill-Webb, 34, from any Olympic venue and the entire Olympic Park for the duration of the Games.

THE ASSOCIATED PRESS

Quebec. Political party gives the boot to the Canadian beaver

Who could resist a cuddly cartoon Canadian beaver, purring as it rubs against your leg with a broad, buck-toothed smile creasing its face underneath a Mountie stetson?

The political party Quebec solidaire, that's who.

In fact, in an election ad designed to put to rest doubts about its support for Quebec independence, a stick figure gleefully boots the furry national rodent right off the screen.

The crudely drawn cartoon ad has been posted to the Internet and is one of five that

Quoted

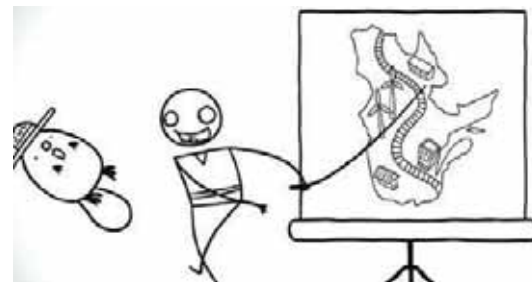
"The Quebec solidaire program is very clear on the fact that it's independentist."

Sound bite from new advertisement

the small left-wing party says is aimed at clearing up misconceptions about it.

The party has been under attack lately by opponents who accuse it of selling out the independence movement.

THE CANADIAN PRESS



A stick figure kicks a Stetson-wearing beaver in a scene from a promo spot on the Quebec solidaire website. THE CANADIAN PRESS/HANDOUT



From left, Josh Richardson, Chelsea Horncastle, Steve Mancell and Ethan Shea, all from British Columbia, play cards at the Maple Leaf pub in London, England. LAURA FORTEY/FOR METRO



Patrons at the Maple Leaf pub react as Victoria's Ryan Cochrane wins silver in the men's 1,500-metre freestyle on Saturday. LAURA FORTEY/FOR METRO

Red, white and brews at London's Maple Leaf pub

Waving the flag.
Canada-themed bar in Olympic host city draws patriotic fans

LAURA FORTEY
For Metro Canada in London, England

London's only Canadian pub, the Maple Leaf, has been rowdy throughout the Games.

Canadian tourists and expats have been flocking to the Covent Garden bar to cheer our athletes, said general manager Luigi Palmieri.

"The pub is always busy, but these Games have really brought out the Canadian spirit," he said.

When Victoria swimmer Ryan Cochrane won silver in the 1,500-metre freestyle, pub-goers were on their feet cheering him on. One fan, Mark Featherstonhaugh, said he has been friends with Cochrane since elementary school.

"We came to London to watch him, but couldn't get tickets. We thought the second-best place to see him would be this Canadian bar."

Calgarian Mike Gusella



Calgarian Mike Gusella, who said he took a detour in his around-the-world trip for the Olympics, with Metro's "pub correspondent" Laura Fortey. For more photos of the Maple Leaf pub, go to metronews.ca/olympics. METRO

said it was "imperative" that he make a detour in his six-month, around-the-world adventure to come to London for the Games, no matter the price.

"I went to the '88 Games in Calgary when I was 12 and

I was hooked ever since," said Gusella, who was at the Maple Leaf on Saturday.

Decorated head to toe in red with a flag for a cape, Ken Ferguson from Stratford said he loves that he's in London with fellow Canucks, drinking

Canadian beer and cheering on our Olympians.

"I love the Canadian perspective of this pub and the fact that it's not just here for the Olympics," said Ferguson.

Patrons said that anyone wearing red, or anything

patriotic, served as a conversation starter." In between cheering during Olympic events, people seemed to reminisce about home and seemed content to share poutine and plates of nachos with strangers from the homeland.

Moosehead, poutine & caesars

There's a familiar feeling to the Maple Leaf pub in London. The walls are cluttered with Canadian sports gear; Canadian flags hang from the ceiling; and menu items include poutine, Molson Canadian, Moosehead and a specialty wing night. It's usually busy on Canada Day and has become the place to cheer on Canadian Olympians.

Once owned by Molson, the Maple Leaf just celebrated its 30-year anniversary. General manager Luigi Palmieri said

Canadians come for the food, beer and familiarity. It might be the only place in town to get a caesar.

How authentic is the fare? "Although they try, the poutine isn't as good as it could be because cheese curds don't pass the food-safety laws in the U.K., so they have to use normal cheese," said Maple Leaf bartender Richard Hinton from Scarborough, Ont.

The Maple Leaf is popular with Brits as well.

"British people just love

this pub and come here for the Canadian attitude," said Scott Palmer, a Calgarian-Londoner who wore a bear suit to the Canada-U.S. women's soccer game on Monday.

Although general manager Palmieri is not Canadian, he said he loves working at the Maple Leaf and never has trouble finding or keeping Canadian staff, who make up 90 per cent of the employees. "I love Canadians. They are always so friendly and smiling and they work hard."

LAURA FORTEY/FOR METRO

Taste of home

Expats crave Timmies coffee, KD

A few doors down from the Maple Leaf pub is a Canadian-food store that is popular with expats looking for a taste of home.

The shop started as an Australian-food shop and over the years added South African, New Zealand and Canadian items.

"Sometimes I go to the Canadian-food shop just to get Clamato juice to make caesars. It's the only place I can get it," said Sarah Weber, a Londoner originally from Orillia, Ont. Ty Flavell, business manager of the shop, said Canadians get really excited to see items from home, especially Tim Hortons coffee, Kraft Dinner and Lay's Dill Pickle chips. "Over the past week, Canadians have been rushing in here last-minute for Canadian flags to wave at the Games," said Flavell. The cost of home?

- Tim Horton's coffee (343 g): \$17.55
- Lay's chips (40 g): £1.30 (\$2)
- Cleary's Maple Syrup (250 mL): £8.15 (\$12.70)
- Cans of Molson Canadian: one for \$3; six for \$16.40; 24 for \$58.50.

LAURA FORTEY/FOR METRO



Canada Shop manager Ty Flavell with two best-selling items — Kraft Dinner and Tim Hortons coffee. LAURA FORTEY/FOR METRO



The Maple Leaf pub in Covent Garden in London, England. LAURA FORTEY/FOR METRO

Drought. Food prices could spike by 4 per cent in 2013

Food prices may grow by as much as four per cent next year, economists predict, as drought conditions in the U.S. are expected to inflate the cost of everything from pork to cereal.

Tim Hortons raised the price of certain baked goods and lunch items last week, citing higher operating costs and pricier ingredients. The coffee-and-doughnut chain said the price of a muffin is five cents higher, while sandwiches have gone up by about 10 cents. The price of coffee has not changed.

And Maple Leaf Foods president and CEO Michael McCain warned last week that the food processor will have to jack up its prices.



A drought-damaged ear of corn in Westfield, Ind., Wednesday.

MICHAEL CONROY/THE ASSOCIATED PRESS

Because Maple Leaf buys ingredients in advance, consumers likely won't see higher prices for its products until the end of this year, McCain said.

THE CANADIAN PRESS

Safety regulation

Don't drink and fly

Australia's air-safety regulator says Qantas Airways Ltd. has suspended a pilot for attempting to fly while under the influence of alcohol.

The Civil Aviation Safety Authority said Monday the woman exceeded the limit for pilots of 0.02 per cent.

THE ASSOCIATED PRESS

Electronics retailer

Best Buy going private?

Best Buy's founder Richard Schulze said Monday he wants to take the electronics retailer private by buying up all the shares he doesn't already own in a deal that values the company at \$8.84 billion U.S.

THE ASSOCIATED PRESS

Exotic-wood violation gives Gibson the Blues

Settlement.

Guitar maker pays penalties, to tune of \$600,000 US, to avoid criminal prosecution

Gibson Guitar Corp. avoided a criminal prosecution after the instrument maker acknowledged its importations of exotic wood violated environmental laws.

Nashville-based Gibson agreed to pay a \$300,000 US penalty, forfeit claims to about \$262,000 worth of wood seized by federal agents and contribute \$50,000 to the National Fish and Wildlife Foundation to promote the conservation of

Busted

"The problem is that virtually every instrument prior to 1970 contains Brazilian rosewood."

George Gruhn, who owns a vintage guitar shop in Nashville, on the endangered guitar Gibson used in its products.



Gibson Guitar CEO Henry Juskiewicz speaks about a raid by federal authorities, at the plant in Nashville, Tenn., in this 2011 file photo. SAMUEL M. SIMPKINS/THE TENNESSEAN/THE ASSOCIATED PRESS

protected tree species.

Gibson didn't immediately respond to a request on Monday for comment. The privately held company is considered one of the top makers of acoustic and electric guitars, including the iconic Les Paul introduced in 1952.

Gibson's decision to cooperate with the federal Lacey Act banning the import of en-

dangered wood products stood in contrast to a publicity campaign mounted in protest after agents raided Gibson facilities in Memphis and Nashville.

Republicans and tea party members had rallied behind CEO Henry Juskiewicz at the time he denounced the raids as overzealous federal regulation that threatened American jobs.

He vowed at the time the

company would "fight aggressively to prove our innocence."

The settlement says a Gibson employee learned during a 2008 trip to Madagascar — the source of some of the ebony wood that was seized — that it was illegal to import unfinished wood, and then sent a report about the matter to his superiors.

THE ASSOCIATED PRESS

GOOD NEWS TODAY

Are you bothered by fears, darkness, and dreams of the night? The sure-fire way of dispelling darkness is to introduce light. In the presence of God is the light before which darkness trembles! Jesus is the Light of the World. Do you know Him?

(Psalms 68.8, The earth trembled in the presence of God)

GOODNEWTODAY.CA

NEED A RIDE?

Read metrodrive every Wednesday.



Sales Training Programs.

The Sandler Selling System®.

YOU SHOULDN'T HAVE TO SETTLE FOR A LEMON WHEN YOU CAN HAVE LEMONADE.

Hamish Knox, Sandler Training
403-457-1507 • www.hamish.sandler.com

Sandler Training
Finding Power In Reinforcement

© 2012 Sandler Systems, Inc. All rights reserved. S Sandler Training Finding Power In Reinforcement (with design), Sandler Selling System and Sandler Training are registered service marks of Sandler Systems, Inc.

CLOSE TO DOWNTOWN. SCHOOLS. SHOPPING.
LOCATION. NEIGHBOURLY
CONTEMPORARY. **STYLE.**
QUALITY. CRAFTSMANSHIP
STREETSIDE & QUALICO
PARKS. GREEN SPACE. AMPLE RECREATION
RELAXED LIFESTYLE. WELCOMING
CONDOS FROM \$130,000'S. COMMUNITY
TIMELESS VALUES. CASUAL. FRIENDLY
ELEGANT. **TOWNHOMES FROM \$230,000'S.**
INNOVATIVE. GREAT NEIGHBOURHOOD
EVANSTONSQUARE.COM. SPACIOUS
DISTINCTIVE ARCHITECTURE
RESTAURANTS, CAFÉS, **403.452.3620**
MAJOR SHOPS, TRANSIT, PARKS
SCHOOLS, DAYCARES & RECREATION
TIMELESS VALUES. FRIENDLY
LIVE THE WAY YOU WANT TO LIVE

EVANSTON SQUARE

103 & 105 Evanspark Way NW Calgary
403.452.3620 | EvanstonSquare.com

THE DEVELOPER RESERVES THE RIGHT TO CHANGE OR
MODIFY THE OFFER WITHOUT PRIOR NOTICE. E&OE.



STREETSIDE
DEVELOPMENT CORPORATION
A QUALICO Company

CANADA'S FIRST NEWS APP IN
NEWSSTAND
Now available for iPad, iPhone and iPod touch!



LIVE FROM LONDON: KEEP CALM AND LINE UP



SHE SAYS...
Jessica Napier
metronews.ca/voices/
she-says

This week I'm reporting live from London, England, at the 2012 Summer Olympics. No, not because some glamorous media organization paid for my airfare and hotel expenses

in exchange for my witty sports commentary, but because my cousin decided to get married. In England. During the middle of the Olympics. Did I mention he's actually from America? You've got to love family.

Yes, I have the distinct pleasure of being an unintentional tourist in a city gripped by Olympic madness. As a less-than-enthusiastic sports fan — I'd prefer to watch an intense episode of Big Brother over an hour of long jump — it's rather ironic that I've found myself in the epicentre of the world's largest sporting event.

Medal-worthy travelling

"Having never travelled to an Olympic host city during the actual games (because why would you?), I thought this would be a remarkable new experience."

Having never travelled to an Olympic host city during the actual Games (because why would you?), I thought this would be a remarkable new experience. Sure, my plane tickets were twice as expensive, and all the hotels have been reserved for the Sultans of the International Olympic Committee and their assorted entourages, but how exciting to be in the heart of London where

all the action is taking place.

I read in the Daily Mail that there are almost twice as many troops on the streets of London compared to the U.K.'s current deployment in Afghanistan. When I arrived, I expected the city to look as if it decided to host a fortnight's worth of New Year's Eve parties during the Second World War and invited the entire planet to come watch.

In reality, I haven't seen any army folk, although that could be because they have been positioned to fill empty stadium seats. I actually have no idea if the Olympics are still happening. I've spent hours stuck in lineups (sorry, we're in England, so "queues") and squished into packed buses with sweaty spectators and disgruntled commuters. Every day is my own personal marathon of patience and endurance.

Rumour has it that there are some actual sporting events going on in the east end, but the teenage hooligans hurdling over the turnstiles at King's Cross are the closest I've come to witnessing any impressive athletics.

In the end, the crowds and the traffic jams and even the rain have not dampened the spirits of the British sports fans. Most of them have kept a stiff upper lip about the city-wide takeover; the rest of them have taken off to various other European destinations to escape the pandemonium.

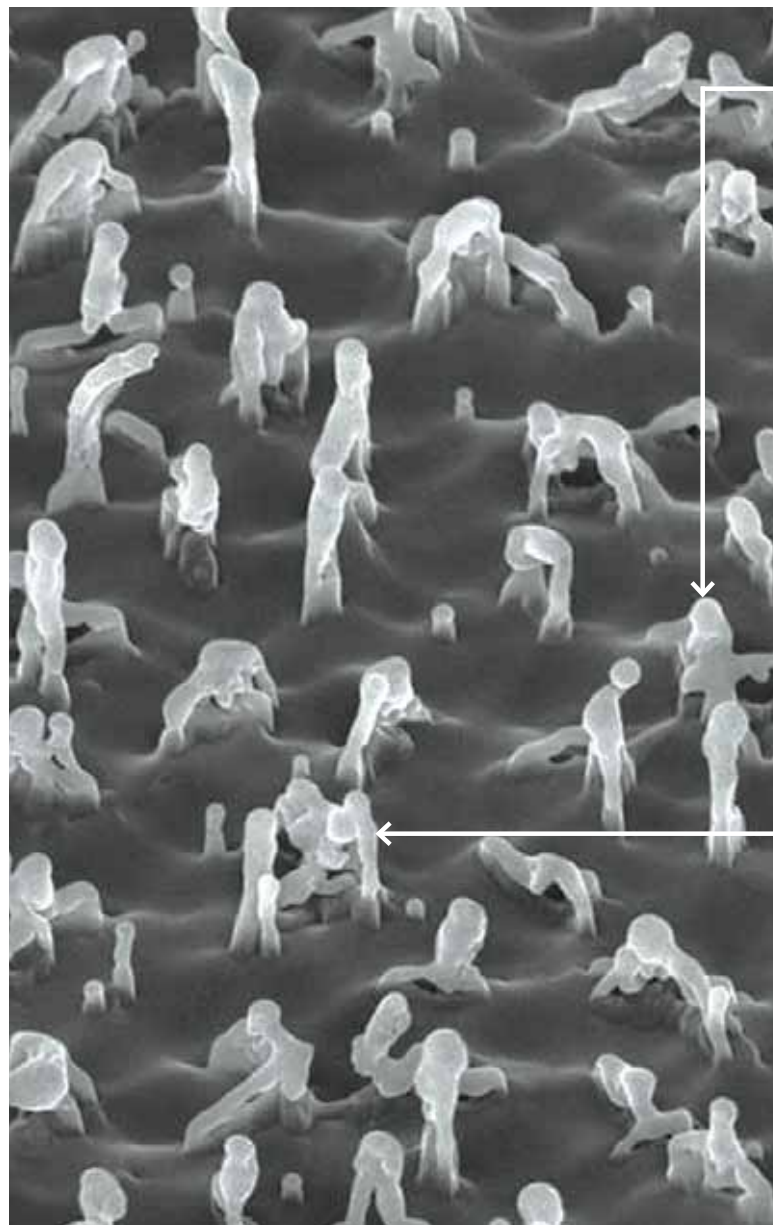
My main coping strategy to survive the mania? Find the closest pub, order a pitcher of Pimm's and join the locals in cheering on the men and women of Team GB.

Follow Jessica Napier on
Twitter @MetroSheSays



A little lost in London? Cheer for Team GB to mesh with the crowd.
DAN KITWOOD/GETTY IMAGES

'Nudist beach' under the microscope



LIM SAW SING/REX FEATURES

Electric orgy?

Semiconductor nudes win contest

This curious photograph appears to show a large orgy of naked people frolicking on a beach. But it's actually an electron image taken under the microscope. The bizarre shot is the winner of the Art of Failure Analysis photography competition, run by the IEEE (Institute of Electrical and Electronics Engineers). **METRO**

Contest facts

- The contest sees engineers showing the fun side of their research in microelectronics technology. The analysts work on "failure analysis," the process of investigating why a particular electronic component fails.
- The main judging criteria is the aesthetic aspect of the image.

Nudist colony

What the image actually depicts

The winning image, entitled People on the Beach by Lim Saw Sing, who works at German semiconductor manufacturer Infineon Technologies' facility in Kulim, Malaysia, depicts a polyimide surface after exposure to reactive ion etching and sputter coating. But for Sing, the image of the semiconductor shows nudists cavorting on a beach. **METRO**



Twitter

@KristenShepp:

Bike rides, bachelor parties, patios, brunching, lunchin, and brews. Long weekends should never end #yyc #pimms

@Patrynaked22:

It's a booze fiesta in the backyard right now. Come join the festivities! #yyc

@Xg29:

Tip: Don't lie to the Cops on the river. My buddy got a \$115 fine for not telling the truth about

having beers AND they dumped it #yyc —Matt

@SelbyAllison:

Saw the best shirt on a cute guy in #yyc today. Front: we are the makers of music Back: we are the dreamers of dreams. Be my boyfriend?

@emikatj:

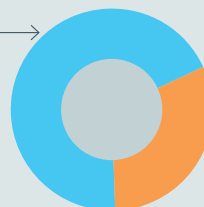
You know it's hot when you're sitting in the basement sweating. Off to swim in the bow river! :) #yyc



Register at metropolitanpanel.ca and take the quick poll

Is your data safe in the cloud?

69%
NO. I DON'T TRUST
SOCIAL CLOUD-
COMPUTING SITES.
I TRY TO GIVE AS
LITTLE DATA AS
POSSIBLE



31%
YES. I FEEL
SAFE GIVING
FACEBOOK,
GOOGLE+
AND
LINKEDIN MY
PERSONAL
DATA



President Bill McDonald • Vice-President & Group Publisher, Metro Western Canada Steve Shroff • Editor-in-Chief Charlotte Empey • Deputy Editor Fernando Carneiro • National Deputy Editor, Digital Quin Parker • Managing Editor, Calgary Darren Krause • Managing Editor, News & Business Amber Shortt • Managing Editor, Life & Entertainment Dean Lisk • Vice-President, Sales Quin Millar, National Sales Director Peter Bartrem • Sales Manager Blaine Schlechter • Distribution Manager David Mak • Vice-President, Business Ventures Tracy Day • Vice-President, Creative Jeff Smith • Vice-President, Marketing & Interactive Jodi Brown • Vice-President, Finance Phil Jameson • METRO CALGARY Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • Telephone: 403-444-0136 • Fax: 403-539-4940 • Advertising: 403-444-0136 • adinfo@calgary.mtnews.ca • Distribution: calgary_distribution@metronews.ca • News tips: calgary@metronews.ca • Letters to the Editor: calgaryletters@metronews.ca

HELP THE KIDS AND WIN!

Grand Prize Show Home Valued OVER \$1.3 Million

SHOW HOME OPEN @12114 VALLEY RIDGE DRIVE NW, CALGARY

by **SHANE HOMES**
What you need in a home builder.



**SALES
END
AUGUST
19TH**

Presented by:
 **KINSMEN CARE
FOUNDATION**

Proceeds to:
 **Alberta
Children's
HOSPITAL
FOUNDATION**

1784 PRIZES VALUED OVER \$2.26 MILLION

ORDER NOW

www.homelotto.com
or Call **403-531-2273** **1-888-531-2273**
(Calgary) (Toll Free)



TICKETS \$100 EACH 6 FOR \$200 15 FOR \$300

The final draws start on Sep. 7th at 6 pm and continue on Sep. 8th at 9 am at the grand prize show home. Only tickets received before 11 pm Aug. 19th will be eligible. Total number of tickets will be 16,000 single tickets at \$100 each, 8,500 sets of 6 for \$200 and 6,750 sets of 15 for \$300 for a grand total of 168,250 tickets. The Kin Win 50 draw will be held on Sep. 7th at the grand prize show home starting at 6:00 pm. Only tickets purchased before 11 pm Aug. 19th will be eligible. Total number of tickets will be 6,000 at \$5 each, 11,000 at 10 for \$25, and 7,900 at 25 for \$50 for a grand total of 313,500 tickets. Project managed by Bob Wallace #RTM12941 / Stride Management Corp. For complete rules go to homelotto.com.

Kinsmen Lotto Licence #331403 KinWin 50 Licence #331404

DVD reviews



Dr. Seuss' The Lorax

Directors. Chris Renaud, Kyle Balda

Stars. Zac Efron, Taylor Swift, Danny DeVito

It has Dr. Seuss in the title, but not in its soul. This CGI-rendered and 3D-padded screen adaptation of The Lorax, the eco-themed 1971 tale by the late Dr. Seuss, feels like just another studio cartoon. There's loads of bright colour, but little of the enchantment of more Seussian screenfuls. The Lorax presents a walled and tree-less place named Thneed-Ville, a synthetic suburb where people worship plastic instead of plants. Not everyone, though: teen cutie Audrey (Taylor Swift) yearns for a real tree, and her lovestruck swain Ted (Zac Efron) aims to oblige.

He sets off on a voyage outside Thneed-Ville's confines. The enviro message is all to the good, but the characters just don't do Seuss justice.

PETER HOWELL

Marley

Director. Kevin Macdonald

Stars. Bob Marley, Ziggy Marley, Jimmy Cliff

A leisurely but thorough biopic of Jamaican reggae great Bob Marley, showing how the humble man became the superstar artist.

PETER HOWELL



David Krumholtz and Michael Urie star in the TV series Partners, a buddy comedy, premiering in September on CBS. CBS, MATT KENNEDY/THE ASSOCIATED PRESS

'It's like there should be a show about it!'

Laughing at real life.
New sitcoms draw inspiration from their creators' worlds

Got a goofy older brother? Parents you still live with even though you're grown up? An unconventional friendship?

If so, you're too late to turn those ideas into a hit sitcom.

But while you comb your life for something else to fuel a comedy that a network will love, consider three fall sitcoms spawned from the personal lives of their creators.

CBS' Partners explores the lifelong friendship of Louis, who's gay, and Joe, who's straight, as they navigate their architecture business and their respective romantic ties. Their best-friends dynamic is inspired by the

Partners

"I think every gay man should have a straight man in his life."

Max Mutchnick, co-creator with David Kohan of the new CBS series Partners. The best-friends dynamic in the TV comedy is inspired by the friendship of Mutchnick and Kohan.

friendship of Max Mutchnick and David Kohan, who met in high school and, after partnering as TV producers, co-created shows including the megahit Will & Grace.

There's no attempt to hide the lineage of Fox's Ben & Kate. It's the tale of a free-wheeling brother, Ben, who comes back into the life of his single-mother younger sister, Kate, to serve as a surrogate dad while continuing his lifelong role as a mischievous child. The show is based on the relationship of its creator, Dana Fox, with her own big brother, whose name is, yes, Ben.

Meanwhile, ABC's How

to Live with Your Parents for the Rest of Your Life finds a young mom from a broken marriage seeking refuge at her parents' with her young daughter.

It was drawn from the domestic situation of creator Claudia Lonow, who well into adulthood and despite career success, including producing the sitcom Less than Perfect, continues to live with parents she describes as "charismatic," "super entertaining" and "very weird."

"I've been living there for 15 years, and I've been (developing) the show for about 12," Lonow told reporters this week at the Television Critics

Association conference.

Like Polly (played by Sarah Chalke), who descends on TV parents Brad Garrett and Elizabeth Perkins, "I did show up at their doorstep and say, 'I hope this isn't a bad time for YOU, because it is for ME.'"

"They reacted like any loving mother and stepfather would," Lenow recalled, and took her and her daughter in.

"We slept in the weight room on a cot for a while. And then, when it was time for my daughter to go to grammar school, I bought a house with them. I know it was crazy," she said with a laugh.

"It's like there should be a show about it!"

Sitcoms that smack of autobiography are nothing new, of course. I Love Lucy, 60 years ago, took its cue from the show-biz-infused marital life of Lucille Ball and Desi Arnaz.

THE ASSOCIATED PRESS

2 SCENE

On the web



Wildlife fan Betty White loved The Lorax's environmental message

YOUR CALGARY

CREDIT REBUILDERS

REBUILDING YOUR CREDIT IS **EASIER** THAN YOU THINK!

YOU ARE APPROVED!

- ☒ PAY STUBS
- ☒ DRIVERS LICENCE
- ☒ DRIVE TODAY
- ☒ \$0 DOWN



ADIL

Country Hills
TOYOTA SCION

CORNER OF DEERFOOT TRAIL & COUNTRY HILLS BLVD.

AMVIC LICENSEE

403.560.2160
EZAUTOCREDITCALGARY.COM

CALL NOW OR APPLY ONLINE



Over 100,000 Canadians make overseas calls from their mobile phone
Now...You can too!

Every Month
30 Minutes FREE



Comwave will beat all competitors rates... We guarantee it!



India

1¢
/Minute

1000 Minute bundle only \$10/month



Unlimited Canada

\$5
/Month

Unlimited calling to anywhere in Canada



Australia
1.9¢/min



Bangladesh
3.9¢/min



Bosnia
10.9¢/min



China
1.9¢/min



Colombia
2.9¢/min



Cuba
89.9¢/min



Croatia
2.9¢/min



Germany
1.9¢/min



Dominican Republic
3.9¢/min



Iran
4.9¢/min



Israel
1.9¢/min



Italy
1.9¢/min



Sri Lanka
9.9¢/min



Lebanon
7.9¢/min



Mexico
1.9¢/min



Pakistan
3.9¢/min



Philippines
10.9¢/min



Kazakhstan
4.9¢/min



Poland
1.9¢/min



Romania
1.9¢/min



Russia
1.9¢/min



South Korea
1.9¢/min



U.A.E.
14.9¢/min



Ukraine
8.9¢/min



U.K.
1.9¢/min



Vietnam
3.9¢/min



Saudi Arabia
7.9¢/min



Download our Comwave
 Mobile App
3 Days Free Trial



1-866-769-9603

www.comwave.net

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competitor's lowest advertised rate for the service. Comwave will not rate match against quality or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing or terms. Bundled minute plans cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Excess minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.ca for details.



Think you're paying too much
for your home phone line?

You are!



Limited Time Offer:
**6 Months
FREE**

Which plan is the right one for you?

Unlimited Local



- Unlimited local calls
- Over 14 FREE features including Free Voicemail, Free caller ID and more

\$14⁹⁵
/month

Unlimited Canada



- Unlimited Canada-wide long distance
- Over 14 FREE features

\$19⁹⁵
/month

Unlimited Global



- Unlimited long distance to almost 60 countries, including India & Pakistan
- Over 14 FREE features

\$29⁹⁵
/month



Ranked #1
Home Phone Service
Consumer Choice Award

1-866-769-9603

www.comwave.net

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. The 6 Month Free Promotion is based on a 178 term and includes a 30-Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guaranteed Period with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 30 days, you will receive an additional 1 month free for a total of 6 months free. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. All Unlimited Plans do not include calls to the Yukon, Nunavut, N.W.T., Alaska and Hawaii. Unlimited usage is governed by our Fair Usage policy to prevent abuse available at www.comwave.net/terms.



Pimp Your Ride



WE WILL MATCH YOU 1 DOLLAR FOR DOLLAR UP TO \$2500 ON ALL ACCESSORIES

VISIT SUNRIDGENISSAN.COM

\$2000 RIMS? YOU PAY \$1000



Summer SAVIN' DAYS

ENDS AUGUST 31, 2012



2012 NISSAN SENTRA SPEC V 2.5
6 SPEED MANUAL, A/C, PWR LOCKS & WINDOWS **200HP WITH SPORT TUNED SUSPENSION!**

MSRP: \$25,051 **NOW \$21,801** **\$154 B/W**



121331

\$3,250 CASH DISCOUNT! 0.9% FOR 84 MONTHS



2012 NISSAN ALTIMA 2.5S
AUTO, A/C, PWR LOCKS & WINDOWS, STABILITY & TRACTION CTRL

\$22,528 \$154 B/W*

OR 60 MTH LEASE @ 0%

\$308 MONTHLY +GST



121003

UP TO \$4,500 OFF ON CASH PURCHASES ON ALL ALTIMAS



2012 NISSAN SENTRA
AUTO, A/C, PWR LOCKS & WINDOWS, VOP PKG

\$16,266 \$143 B/W**

OR 60 MTH LEASE @ 0%

\$217 MONTHLY +GST



120981

UP TO \$3,250 OFF ON CASH PURCHASES ON ALL SENTRAS



2012 NISSAN VERSA HATCHBACK S
AUTO, A/C, PWR LOCKS & WINDOWS, ABS

\$14,280 \$94 B/W*

OR 60 MTH LEASE @ 3.9%

\$216 MONTHLY +GST



121055

UP TO \$2,500 OFF ON CASH PURCHASES ON SELECT MODELS

Win a trip to Hello Kitty Land in Japan!

<http://hellokitty.sunridgenissan.com>



PAYMENTS 0.9% *\$4 MTHS @ 0% **\$72 MTHS @ 0% TAKES (GST, \$20 TIRE & \$100 A/C) AND FEES (\$449 ADMINISTRATION, \$149.95 WHEELS LOCKS AND NITROGEN & \$6.25 AMVIC) NOT INCLUDED. ERRORS AND OMISSIONS EXEMPT. VEHICLES MAY NOT BE EXACTLY AS SHOWN.



SUNRIDGE NISSAN
Nissan Commercial Vehicles
3131 32 Ave NE, Calgary, AB
SUNRIDGENISSAN.COM



THE ORIGINAL KING OF CREDIT
403-999-9283 CALL NOW
CREDITKINGCALGARY.COM DRIVE TODAY!



50 YEARS
BEST MANAGED COMPANIES



Corb Lund relies on his Alberta cowboy roots for his musical inspiration. ALEXANDRA VALENTI/THE CANADIAN PRESS

Cowboy Corb Lund changes his tune for seventh album

Recorded collectively.

Bonus CD of acoustic versions also included to highlight versatility of the Hurtin' Albertans

Quoted

"If you've got a band that goes together like us, there's a real cohesion to it"

Corb Lund
Explains why he recorded as a group

Three years ago, Corb Lund began a long struggle to produce his seventh studio album.

"I was just hitting a wall after the sixth record," the 43-year-old country artist said in a recent interview. "I was really stumped for awhile."

For the first year and a half of the album-writing process, Lund spent time living in Las Vegas, New York City and Austin, Texas. He then retreated to the northern Alberta log cabin he built with his aunt and uncle.

After he finished writing the songs, Lund brought them to a recording studio in Edmonton. His touring band, Corb Lund and the Hurtin' Albertans (bass player Kurt

ing the songs together. "If you've got a band that goes together like us, there's a real cohesion to it."

Cabin Fever features a second CD with the same songs as the first, but done completely in acoustics.

"I think it showcases a different side of the band," says Lund. "My guys are versatile and it helps display that."

Lund draws on inspiration for his lyrics through his family history. "My grandpas were ranchers and my dad's a cowboy too," he says. "They used to sing these old trail songs, these old ballads."

It wasn't long before Lund realized he could pick up his guitar and play these cowboy songs. Although this is where his inspiration comes from, Lund says there is no overall theme for the album.

"I get bored easily," he says. "I try to make records interesting."

Corb Lund and the Hurtin' Albertans will headline the Edmonton Folk Festival on August 12. **THE CANADIAN PRESS**

metro



You can still enjoy the weather while doing a number of different workouts. ISTOCK PHOTOS

Intense training can keep that summer sagging away

30 minutes every day. You don't need to put in big workouts to keep in shape in the summer but you do need consistency

CELIA MILNE
life@metronews.ca

"I don't have time" doesn't cut it as a reason to not exercise.

Short, intense workouts

can hugely improve your fitness.

"Go hard for various bursts of time and then earn a few seconds of rest. These types of workouts can be done in just 30 minutes and are definitely effective," says Sammie Kennedy, CEO and creator of Booty Fit Express in Toronto. We asked her to design some cottage workouts.

People used to think you had to exercise for long periods of time (such as going for an hour-long run) to get fit.

Then, in 1996, Japanese research Dr. Izumi Tabata dis-

covered that only 20 seconds of very intense exercise, followed by 10 seconds of rest, repeated eight times, has both anaerobic and aerobic benefits.

"High-intensity interval training (HIIT) is incredibly time efficient and can result in improved athletic capacity and fat burning," says Kennedy.

And the bonus is that it has lasting benefits.

"It can also increase resting metabolic rate for up to 24 hours after the workout has been completed."

Some exercises

These exercises can be adapted for those who have an injury. The point is to move intensely (and safely!), rest — and repeat. Here are a few Tabata-style exercises Kennedy recommends.

- **Number 1.** In the water, tread water or swim rapidly for 20 seconds, take a 10-second rest. Repeat eight times. (Have a pool noodle beside you for the break)

- **Number 2.** Sprint from the cottage to the road (20 seconds), rest for 10 seconds. Repeat eight times, back and forth.

- **Number 3.** Grab a yoga mat and get on the dock for burpees! Do 20 seconds of deadman burpees (body coming all the way down to the mat), rest for 10 seconds; repeat eight times.

On the Web



Study describes genetic events that lead to malignant childhood brain cancers

LOCATION. SCHOOLS. STYLE. SHOPPING. STREETSIDE. QUALITY. QUALICO. VALUE. CRAFTSMANSHIP. INNOVATIVE. GREAT NEIGHBOURHOOD. CONDOS FROM \$130,000'S. NEIGHBOURLY. RECREATION. GREEN SPACE. SPACIOUS. TOWNHOMES FROM \$230,000'S. DISTINCTIVE ARCHITECTURE. LIFESTYLE. WELCOMING. CONTEMPORARY. RELAXED.

EVANSTON SQUARE

103 & 105 Evanspark Way NW Calgary | T. 403.452.3620 | EvanstonSquare.com

THE DEVELOPER RESERVES THE RIGHT TO CHANGE OR MODIFY THE OFFER WITHOUT PRIOR NOTICE. E&O.E.



STREETSIDE
DEVELOPMENT CORPORATION
A QUALICO Company



A breast cancer diagnosis can be devastating for both a woman and her male spouse. But a study finds that men tend to find their own ways of dealing with the emotional upheaval. JASON FRANSON/THE CANADIAN PRESS

Men find other ways to cope with cancer

Nix support groups. When their wives are diagnosed with breast cancer the last thing men want to do, a study shows, is talk

differ substantially from women whose male partners deliver similar news about their own cancer threat, says Wendy Duggleby, a professor of nursing at the University of Alberta, who studies the role of hope in men's ability to support their wives through cancer.

"We were surprised at the huge impact that their wives' diagnosis of breast cancer had on them," Duggleby said from Edmonton.

"Some even called it the worst thing that had ever happened in their lives," she said. "You often think about being diagnosed with cancer yourself. But they were saying this was worse."

Warren Tasker, an Edmonton-based writer and editor, vividly remembers the day in

March 2007 when his fiancé Gwen Borowski told him a lump in her left breast was malignant.

"We sat in a little café here in Edmonton, she told me, and we both wept and we were scared," Tasker, 52, recalled by phone. "I was devastated. I was racked with emotion, just like anybody else would be."

But the couple put their emotional energies into making a plan to tackle the enemy — one day at a time, side by side.

"It was getting a plan and talking things through: This is what we can do. This is what we can't do. And the rest is up to nature or God or whatever you want to call it," Tasker said.

THE CANADIAN PRESS

Getting away from it

Focusing on a plan of action can be a coping mechanism for many men, who can only stand by as their spouse goes through tests, surgery, chemo, radiation and more, Duggleby's research suggests.

- The study said. The men said talking about all their problems could make them feel worse, and they needed to take a break from the emotional roller-coaster of their partner's cancer by exercising, listening to music or going out with male buddies to sporting or other events.

Best Health

Know your family tree of health



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Do you know the health secrets your ancestors hold? Or even those of your parents? It's important information.

In the September issue of Best Health, coming to newsstands any day now, we've included a comprehensive article about how to best defend against hereditary health issues such as Alzheimer's disease, depression and stroke.

Tip #1:

Create a three-generation chart including siblings, parents, aunts, uncles, cousins and grandparents. Note beside each what known health issues they have, or had.

Tip #2:

Write down any major illness you have had, and list your lifestyle habits — healthy or not.

Tip #3:



Know your tree. iSTOCK PHOTOS

Speak with your parents about their health background, but don't be surprised if they don't really want to have the conversation — persevere. If your parents are no longer alive, ask an aunt or uncle if they know of family health issues. Or, refer to copies of family death registrations to find out cause of death.

Tip #4:

Be organized and keep any information you've gathered in a digital document. Let other family members know what you have prepared so they can become more knowledgeable, too. For more family health background tools, pick up Best Health magazine.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONWS



MCKS- Superbrain Yoga

Superbrain Yoga is a valuable gift from Grand Master Choa Kok Sui. This is a simple yet effective technique to energize and recharge the brain. It is based on the principles of subtle energy and ear acupuncture. The exercise allows the body's energy centers to absorb, digest, and distribute prana to the different parts of the body.

This simple exercise offers benefits not just for children and students, but also for adults seeking brain wellness into their senior years. Patients with Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD), Down syndrome, and other developmental challenges and cognitive delays are also aided by this simple exercise.

Benefits of Superbrain Yoga include, but are not limited to:

- Energizing and activating the Brain to balance the organ
- Increasing inner peace
- Reducing psychological stress and providing greater psychological stability
- Greater intelligence and creativity
- Regulating sex drive
- Partial cleansing and energizing on chakras and auras
- Transforming of the lower energies into higher energies
- Increasing the flow of pranic energies within the body
- Spiritual growth

To learn more about the Superbrain Yoga technique and its application, please visit us at www.bodhiwellbeing.com or contact us at 403-452-1469

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

Summer Special

\$99
for
8 Weeks
Unlimited Yoga

yoga
PASSAGE

Swirl
Massage Therapy
In the same space as Yoga Passage!

Fall/Winter 2012 Teacher Training - Accepting Applications

524 11Ave SW Calgary AB 403.277.3058 www.yogapassage.ca

Lasagna gets all rolled up



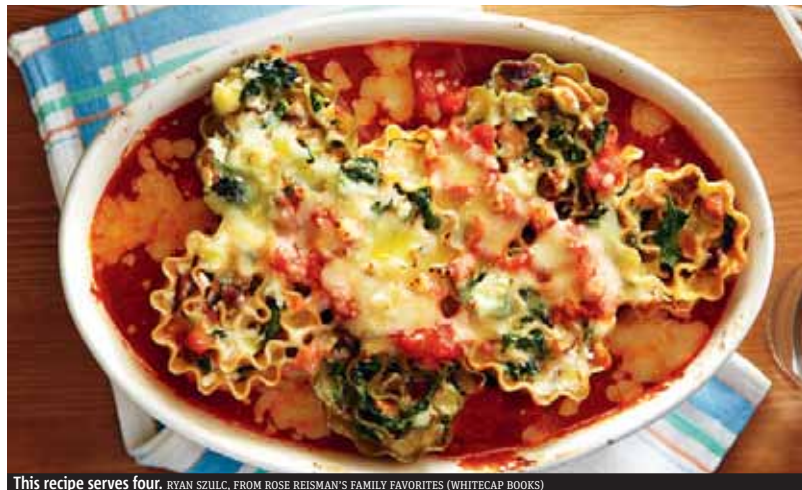
ROSE REISMAN
for more, visit
rosereisman.com

Instead of making the usual lasagna, opt for this Mushroom and Spinach Miniature Lasagna Rolls version. I love the idea of rolling cooked lasagna sheets to make individual servings. This is a great vegetarian dish that has all the nutrients you need.

1. Preheat the oven to 400 F.
2. Bring pot of water to boil. Add lasagna noodles and cook

Ingredients

- 8 lasagna noodles
- 2 tsp vegetable oil
- 1 1/2 cups chopped onion
- 2 tsp finely chopped garlic
- 3 cups chopped mushrooms
- 4 cups fresh baby spinach
- 3/4 cup light ricotta (5%)
- 2/3 cup shredded mozzarella
- 1/3 cup grated Parmesan
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 1 1/3 cups tomato sauce
- 3 tbsp shredded mozzarella cheese



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

for about 8 minutes or until the noodles are just tender, stirring often but carefully. Drain and rinse with cold water. Set aside.

3. Coat a large skillet with cooking spray, add the oil and set over medium-high heat. Add onion and garlic and sauté for 5 minutes. Add mushrooms and sauté for 5 more minutes or just until mushrooms are no longer wet. Add spinach and

allow to wilt, about 3 minutes. Remove the skillet from the heat and add the ricotta, mozzarella and Parmesan cheeses, mustard, salt and pepper.

4. Place mix in bowl of food processor and pulse on and off until it is uniformly chopped.

5. Pour 1 cup of tomato sauce into a 9 x 13-inch or 11 x 7-inch casserole dish. Spread about 1/4

cup of cheese mix along length of each sheet. Roll up each noodle and cut in half. Place in baking dish with the ruffled side of lasagna facing up. Pour remaining 1/3 cup of tomato sauce over and sprinkle with grated mozzarella cheese. Cover with foil and bake to 25 minutes or just until heated through and the cheese is melted. Serve hot.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Four steps to theme park food survival



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Theme park season is upon us and in just one carefree day, you can rack up a few thousand empty calories and a pound or two. Here is how to enjoy the day without paying the price for it.

1. Choose your indulgence

Pick one indulgence and look forward to it. Denying yourself everything, all day won't work and your will power will eventually cave. Tell yourself you will indulge in (fill in the blank) at 3 p.m. and stick to it.

2. Breakfast is still most important

Don't skip breakfast. Have a full meal loaded with protein and fibre from fruit as well as whole grain bread. You will feel fuller starting out and be less tempted.

3. Pack food

If you can, pack a lunch. If you can't, order less than you think you will need and share entrées. Portions in 'fun' places tend to be even larger than our already too big plates.

If you are still at the park over the dinner hour, find a sit-down dinner spot and relax over a good meal. Stick to the one indulgence and avoid all deep fried food. Be sure to have a salad and lots of vegetables (assuming they aren't drowning in butter).

4. Walk it out

Most important: Wear running shoes and walk everywhere. A full eight hours of walking can burn 1,000 calories, which may be enough to cover your indulgence.

Theresa Albert is an author, nutritionist and health communicator in Toronto. She is @THERESAALBERT on Twitter and found daily at MYFRIENDINFOOD.COM.

Exclusively online

- **Video.** Check out metronews.ca for a video of Theresa giving healthy eating tips from Disneyland in California.

Mushroom and Cheese Toasties. These bites take just 15 minutes to make

1. Heat the oil in a large frying pan, add the mushrooms and cook over a high heat for 4-5 minutes or until the mushrooms are golden brown. Remove from the heat and season to taste with salt and pepper.

2. Preheat the grill. Place the muffins, cut side up, on the grill rack and toast on both sides. Place cut side up and spread some of the tomato chutney on each muffin. Top with the

mushrooms and a sprinkling of cheese.

3. Cook the muffins under the

hot grill for 1-2 minutes until golden brown and the cheese is bubbling. Serve hot.

NEWS CANADA/ MUSHROOMS.CA

Ingredients

- 1 tbsp vegetable oil
- 250 g closed cup mushrooms, sliced
- Salt and freshly ground black pepper
- 2 wholemeal muffins, split
- 4 heaped tsp tomato chutney
- 50 g mature cheddar cheese, grated



This recipe serves four. NEWS CANADA

BECOME A
HEALTH CARE AIDE

IN JUST
5
MONTHS

ALBERTA GOVERNMENT CURRICULUM

CLASSES AVAILABLE ON:

- SAT/SUN
- EVENING/NIGHT
- MORNING

PLUS
WE OFFER
THESE GREAT
PROGRAMS

- Massage Therapy
- Medical Office Assistant
- Accounting & Payroll Administration
- Business Administration



ABM COLLEGE
OF HEALTH & TECHNOLOGY

1, 3516 26 AVE NE
[OPPOSITE THE GREENWOOD INN]
PH 403.719.4300
abmcollege.com
info@abmcollege.com

Save big on furniture
so your kid can afford
to party.
Um, we mean, to study.
Go back to school with IKEA.

Visit **IKEA.ca** for store locations and hours. Or to shop from home, visit our website or call **1-866-866-IKEA**



© Inter IKEA Systems B.V. 2012.

Read
metro your money
every Tuesday
for financial tips,
trends and advice.

Only in Metro.
News worth sharing.

Teens schooled on how to end relationships in a healthy way

Avoiding potential violence. Program aims to help kids break up without any serious acrimony

Andrew Curtin said it happened at least twice at his Boston-area high school in the last year. Angry about a breakup, a boy ended up at the school nurse's office with a broken hand after punch-

ing a locker or a wall.

But he was among about 250 teenagers at a seminar at Simmons College on Thursday. And the dating advice was coming from an unlikely source: City government officials.

Boston's Public Health Commission partnered with local social service agencies to put on its third annual Break-Up Summit for teens as part of a \$1 million, four-year grant from Robert Wood Johnson Foundation.

Nationwide, the \$18 million program known as Start Strong is aimed at teaching teens in 11 cities to prevent dating violence by ending relationships in a way that doesn't spark negative behaviour — cheating, public humiliation, or worse.

Nicole Daley, who heads Boston's Start Strong program, said a bad teenage relationship can lead to problems like depression, low self-esteem, falling academic grades, and even unwanted

pregnancies in cases where one partner tries to manipulate the other. There's also the risk of a physically dangerous confrontation.

Recent studies by the Centers for Disease Control and Prevention showed about 10 per cent of students nationwide reported a boyfriend or girlfriend had physically hurt them in the last year. CDC statistics also showed that among adults who were victims of rape, physical violence or stalking

by an intimate partner, 15 per cent of men and 22 per cent of women first experienced some kind of partner violence when they were between 11 and 17 years old.

Teens who were part of Thursday's seminar described a dating scene where social media can make ending relationships even more emotionally fraught. Many said that changing one's Facebook status back to "single" was the worst way to break up with a significant

other.

Other teens talked about breaking up by sending a text message, or being on the receiving end of one.

Counsellors at the forum urged teens to communicate with partners about relationship boundaries.

They also encouraged students to end relationships with face-to-face contact, and to look for warning signs that ongoing relationships could turn abusive.

THE ASSOCIATED PRESS



When it comes to relationships, experts say that teens are being influenced by popular culture. ISTOCK

Teaching new skills

A finishing school now?



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Concluding my ocean crossing last week, I had the pleasure and honour of visiting a business colleague Madame Viviane Neri in Montreux, Switzerland.

Now Madame Neri owns one of the world's most famous and well-respected ladies finishing schools. While we were touring the school, I asked Madame Neri what I perceived as an innocent but most relevant question on all of our minds. Why do women need to go to a ladies finishing school in the year 2012?

Well foolish me for asking the question, because I certainly got a bit of a well-deserved earful.

We ignorantly think of ladies finishing schools as something antiquated, where ladies are taught how to dress and be a "perfect

hostess" in a world where the man works and the lady stays home and lives and breathes to make her home the best.

But finishing school in 2012 has nothing to do with ladies who lunch. It is focused on training women to become professionals at international business.

It may seem silly to some, but understanding cross-cultural communication and being able to use these to your advantage in business gives you a distinctive advantage.

A woman like Queen Elizabeth II, for example, conducts international public relations, events and ceremonies on behalf of the government, but in her case she was taught these skills at home.

Today, the modern woman goes to this type of school to learn these vital skills.

During the six-week program students learn correct international table manners, table setting, correct and appropriate conversation and how to position this knowledge to their strict advantage.

This school is so tough it has 45 exams during the six weeks in order to graduate with a diploma.

Remember, many business deals occur in places other than a boardroom, and this is where the Institut Villa Pierrefeu has a distinct advantage as the oldest finishing school.

So who is the typical student?

Well, interestingly enough, women attend the school from North America, the Middle East and Asia, making it truly a global program. Everyone from the middle class, all the way up the social ladder to royal family members make up today's typical classroom.

I would be remiss if I did not mention that the head instructor at this school is Mrs. Rosemary McCullum, a born and raised Canadian.

When I found this out, I was once again reminded of one of the many reasons I am so proud to be a Canadian — the Swiss have imported a fellow Canuck to teach international manners to the world.

NEED A RIDE?
Read metrodrive every Wednesday.

FREE TRIAL lavalife VOICE
CALL NOW!
403-974-5555
Toll Free: 1-866-348-5282
1-800-BELLING: 1-800-528-5543
DIAL 9222 (922-222)
79¢ MIN. BELL, ROGERS™, FIDO
99¢ MIN. VIRGIN MOBILE, TELUS
lavalifevoice.com
18+ *Restrictions may apply

SALES REPRESENTATIVE

Metro Calgary is seeking an aggressive, results-oriented Outside Advertising Sales Representative.

The ideal candidate will utilize creative strategies to customize a broad range of advertising options to support clients in achieving their business objectives. Sales representatives must possess the flexibility and poise necessary to reach out and develop relationships with local businesses. In addition to a full benefits package and dynamic work environment, Metro offers results-oriented sales representatives the opportunity to achieve high rewards for successful performance.

REQUIREMENTS OF THE POSITION:

- Minimum 2 years of demonstrated success in advertising sales or business-to-business sales
- Excellent networking, organizational and time management skills
- Outstanding verbal and written communication skills, including proficiency with Internet and email.
- A self-motivated desire to develop new business
- Some college education or relevant post-secondary training

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than August 15th 2012. PLEASE QUOTE: "SALES REPRESENTATIVE - CALGARY" in the subject line. All submissions will be treated as confidential.



The real estate market could come tumbling down. ISTOCK IMAGES

Is the real estate market sagging? Adopt a strategy for an uncertain future

Alison's Money Rule. Saving, patience and sweat equity should spell success in housing market



YOUR MONEY
Alison Griffiths
money@metronews.ca

A financial shiver just swept across Canada. It started in Vancouver but was soon felt on the Prairies, central Canada and even the Atlantic provinces. Real estate. Is it heading for a fall?

In July the mighty west coast market blinked. Sales were down 18 per cent compared to 2011, the lowest level since 2000.

Real estate was sagging back in the Y2K days because everyone wanted technology. Then, when the tech bubble burst investors, savers and specu-

tors piled into the only secure investment thought to exist — real estate.

What followed has been one of the longest running real estate bull markets in Canadian history. It may be over, or not. Either way those wanting to get into the market or upgrade should adopt a strategy that puts them in a good position if prices really dive. Should the market stay steady you will still be better off by reducing future debt levels.

1. Save, save, save

Building up a strong cash position is job one. Even if prices increase slightly (which they have in many markets despite sales numbers dropping), having lots of cash means a smaller mortgage. Interest rates will rise eventually and could rapidly turn an affordable abode into a financial albatross.

2. Develop skills

Sweat equity is one of the best ways to get into the real estate market or boost your real estate

In numbers

3-5 years

The average length of a flat real estate market following a correction or crash.

investment. You may not know a soffit from a joist hanger but you can learn. Offer to help friends renovate, take a course or volunteer for a community-building project. DIYers can save anywhere from 15 to 80 per cent on various repairs and renovations. With skills you can consider purchasing a fixer upper.

3. Have patience

Don't get sucked into the belief that the market will run away from you. Yes, it would have been nice to buy in Toronto or Calgary circa 1995 but it is more important to ensure you can afford what you buy 10 years from now, regardless of interest rates, than to get in before another real estate explosion.

You've got high hopes to retire early, so pick it up



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

The BMO Retirement Institute released their Approach to Retirement report last week which revealed that young Canadians aged 18 to 34 have ambitious retirement plans, but nearly one third haven't saved a penny.

If you're young and don't have two nickels to rub together, pick it up!

Thankfully the report also indicates that the millennial generation, of which I am one, does think saving is important.

We've also got more tools to help us plan smarter than any generation that's come before us.

On the flip side, however, our gener-

ation struggles with higher debt levels, less job security, smaller pension plans, and greater cost of living; all of which contribute to a more pressing need to save more earlier on.

If you're budget is maxed, start small — I challenge you to save \$1 per day.

I was holidaying in Victoria and Vancouver last

week and over brunch near Granville Island on Sunday morning a pal brought up the subject of how massive his change collection had become.

Each day he empties the pennies, dimes, nickels and quarters from his pockets into a drawer. He averages a few dollars a day, which has grown to nearly \$400 in savings.

Dig your way through pockets, check the ground or simply downsize your coffee in order to scrounge up your \$1 per day.

Then grow your savings into something more substantial every few months. For example, \$1 per day might turn into

More Fun and Frugal

Follow Lesley on Twitter @LesleyScorgie



\$5 per day if you start couponing for groceries, carpooling and renting out your spare room.

To get ahead, experts recommend using tax-advantaged savings plans like the RRSP and TFSA. Regular automatic contributions will ensure you don't skip out on savings.

Invest the funds wisely and under the guidance of a professional money manager to achieve optimal savings results.

Forming healthy savings habits early on will ensure you've got enough



Saving more money earlier on in your career will help you reach those ambitious nest egg goals. ISTOCK IMAGES

dough to retire on and support a desirable lifestyle; one defined and created by you.





Now anybody can help raise money for a cause using the crowdfunding strategy. ISTOCK IMAGES

Crowdfunding trend thrust into spotlight by Canadian campaigns

Charities. Internet-based fundraising is still a relatively new phenomenon

A burlesque troupe, a film about female Palestinian race car drivers and a bullied American bus monitor — as diverse as those topics are, they all share a common Canadian thread.

All three projects sparked crowdfunding campaigns, an Internet-based trend which gained popularity recently when a Toronto man launched a wildly successful fundraising effort for a Rochester, N.Y., grandmother.

Max Sidorov responded to heart-wrenching video posted online of bus monitor Karen Klein being tormented by a group of schoolchildren by setting up a campaign on fundraising site Indiegogo.

More than 30,000 donors responded to that effort by donating more than \$700,000, far surpassing Sidorov's original target of \$5,000 to give Klein a much-needed vacation.

Crowdfunding skips a step by avoiding charities, and gets money directly from

a donor to the person being helped. There are fewer fundraising costs involved, but some of the organizations aren't registered with the Canada Revenue Agency, which acts as a charity watchdog, said a fundraising and volunteer management professor at Humber College in Toronto.

"If you're using crowdfunding, the moment the money is out of your bank account, you've lost all control of it," said Ken Wyman.

Fraud is a possibility, he said, because if a charity isn't registered, there is no way to guarantee where a donation is going.

"It also raises the spectre of 700,000 dollars being

raised for a single person who doesn't really need it or know

what to do with it in

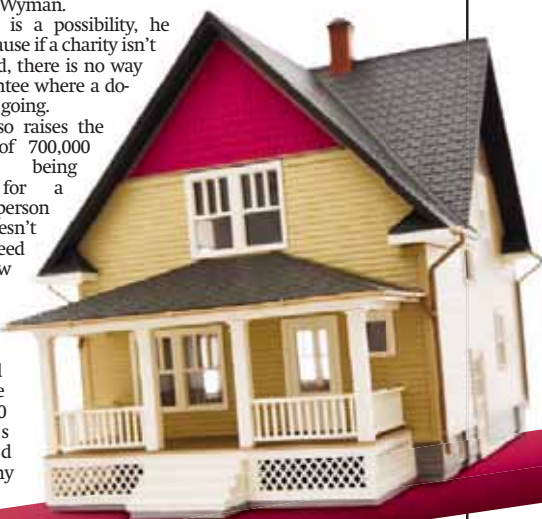
a world where 700,000 dollars could

save many

lives," Wyman said.

Canadian-born filmmaker Amber Fares has raised more than \$26,000 on Indiegogo to fund her first feature-length film *Speed Sisters: Racing in Palestine*, and Toronto-based burlesque troupe *Les Coquettes* has raised almost \$3,000 to support touring and production over the next two years.

THE CANADIAN PRESS



Owning a home shouldn't come at the expense of saving.

**Life adds up.
Your finances should too.**

CIBC Wealth Builder Mortgage™

**GREAT
LOW RATE**

In addition to a great low rate on a 5-year mortgage, you'll also benefit from flexible payment options to help you manage your cash flow.

**EARN
\$6,000
IN SAVINGS***

Get \$4,000 cash back up-front as well as \$2,000 cash back over the term of your mortgage!

On a \$400,000 mortgage. Conditions apply. Ask for details.

Visit any branch, go to cibc.com/buildthousands or call 1 800 465-CIBC (2422).



**FOR
WHAT
MATTERS.**

*Wealth Builder Mortgage is an option available only on 5-year fixed-rate and Variable Flex closed mortgages of \$75,000 or more. Mandatory CIBC deposit account for mortgage payments and deposit of cash back. Up front cash back amount is repayable if mortgage is discharged, transferred or renewed before maturity date. Other conditions apply. For details, visit cibc.com/buildthousands. "Life adds up. Your finances should too." and Design and CIBC Wealth Builder Mortgage are TMs of CIBC. "CIBC For what matters." is a trademark of CIBC.

WagJag.com

DEAL OF THE DAY!

GET DEALS ON YOUR PHONE:



Multiple Offers

TARGET HEALTH: TWO OPTIONS
OPTION 1: \$99 FOR A FRACTIONAL SKIN RESURFACING TREATMENT PLUS A MICRODERMABRASION TREATMENT | OPTION 2: \$499 FOR 2 FULL FACE SKIN RESURFACING TREATMENTS WITH MICRODERMABRASION

Regular Price: \$240

You Save: \$141

Discount:

59%



Buy For:
\$14

\$14 FOR A PERSONALIZED STORYBOOK WITH PICTURES FROM FLATTEN ME (A \$28 VALUE)



Buy For:
\$35

\$35 FOR A STERLING SILVER NAME PLATE NECKLACE (VALUE CAN BE USED TOWARDS OTHER ITEMS ON THE SITE) FROM NAMEJEWELRYSPOT (A \$99 VALUE)



Buy For:
\$30

\$30 FOR \$100 TOWARDS ADULT PRODUCTS, COSTUMES, TOYS AND MORE FROM OH BEHAVE LOVE SHOP



Multiple Offers

WagJag Golf

GOLF LIQUIDATORS: TWO OPTIONS

OPTION 1: \$25 FOR A MEN'S LEFT-HANDED PUTTER, HYBRID CLUB OR SAND WEDGE
OPTION 2: \$27 FOR A LADIES LEFT- OR RIGHT-HANDED 3 WOOD

Visit: WagJag.com

Follow us on:



facebook.com/wagjag
@wagjagcalgary

Hurry to WagJag.com to purchase local deals before time runs out.

Fehr says NHLPA close to making counter-proposal

NHL. Head of players' union has been in Europe to get feedback from players

Donald Fehr nearly has all his ducks in a row.

The globe-trotting head of the NHL Players' Association is just about ready to counter the league's initial proposal for a new collective bargaining agreement.

He's likely to make at least part of his pitch during the scheduled talks in New York this week, Fehr told The Canadian Press on Monday.

"I think that there's certainly a possibility — a reasonable one — that we'll be in a position to make some further response," Fehr said in an interview. "Whether we'll be in a position to make an alternative proposal yet I don't know."

It's been nearly a month since the NHL laid out its vision for the new CBA. The July 13 proposal to the NHLPA included an immediate 24 per cent reduction in salaries, the introduction of several new restrictions on contracts and a redefinition of hockey-related revenue that would see the percentage paid to players each

Information exchange

The current CBA is scheduled to expire Sept. 15. A request to the NHL seeking comment about the status of talks wasn't immediately returned.

- After receiving the NHL's initial proposal, the union requested audited financial statements from all 30 teams and ended up being delivered some 76,000 pages of information last week. Soon after, Fehr departed for Europe to meet with players.

season drop from 57 to 43.

The league and union are scheduled to resume talks on Tuesday, with Fehr scheduled to join the four-day session later in the week after making his way back to North America.

He visited Moscow late last week — sitting down with Evgeni Malkin and Ilya Kovalchuk, among others — before holding a session Monday in Barcelona that was attended by roughly 40 players.

The main topic of discussion has been the negotiations, which have been underway for more than six weeks.

THE CANADIAN PRESS



Donald Fehr, executive director of the NHL Players' Association, speaks to reporters in New York on July 31.

KATHY WILLENS/THE ASSOCIATED PRESS

Canada's Polansky ousted in Toronto



Peter Polansky returns the ball against Matthew Ebden during Rogers Cup tennis in Toronto on Monday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Peter Polansky breezed through the first set of his first-round match at the Rogers Cup.

But then it all fell apart for the 24-year-old from Thornhill, Ont., as Australian Matthew Ebden stormed back to take the match 0-6, 6-4, 6-3.

The first set took just 19 minutes as Polansky, a wild-card entry in the Toronto tournament, dominated.

"In the first set, his level just, he just wasn't there," Polansky said. "He was missing almost every single ball. And then he almost 360'd from there."

Raonic's route

Rising Canadian star Milos Raonic will face Viktor Troicki of Serbia in his first match at the Rogers Cup in Toronto.

- Troicki advanced Monday with a 6-4, 7-6 win over Alex Bogomolov Jr. of Russia.
- Raonic had a bye in the first round.

The tempo of the match changed in the second set

as Ebden, also 24, took the first three games after an adjustment in tactics. The rallies were longer but even then Polansky had a chance in the first game to continue his first-set dominance.

"I had those two break points at 15-40 in the first game on his serve in the second set," Polansky said. "He held that game and then I got broken in the next game. After that it was just — you can call it a disaster."

Ebden will play Mardy Fish in the next round of the tournament.

THE CANADIAN PRESS

CFL

B.C.'s backup QB plays hero in win over Argonauts

Backup quarterback Mike Reilly's one-yard TD run at 6:19 of the fourth quarter earned the B.C. Lions a hard-fought 18-9 win over the Toronto Argonauts on Monday night.

Reilly, in the game with the Lions short-yardage squad, scored after the Argos defence had emphatically stopped B.C.'s Andrew Harris three straight times from the one-yard line.

But the defending Grey Cup champions got a fresh set of downs when Toronto's Marcus Ball was called for offside.

THE CANADIAN PRESS



Argos quarterback Ricky Ray is sacked by Lions defensive tackle Jabar Westerman on Monday.

CHRIS YOUNG/THE CANADIAN PRESS

MLB

Verlander matches strikeout high

Justin Verlander matched a career high with 14 strikeouts and got home-run support from Prince Fielder and Miguel Cabrera, leading the Detroit Tigers over the New York Yankees 7-2 Monday night.

NFL

"There's no excuse for it."

New York Jets quarterback Mark Sanchez. About 20 Jets players were involved in a brief brawl during a chipper practice Monday after running back Joe McKnight and safety D'Anton Lynn tangled after a play.



4 SPORTS

Mobile sports



Over his remarkable career, Michael Phelps has struck deals with a plethora of sponsors. But not everyone at the London Games can be showered with corporate largesse like the most decorated Olympian of all time. Most work one, two, even seven jobs while finding time to train to face fully funded pros. Scan the code for the story.

Last-gasp goal by U.S. ends Canadians' dream of gold

Women's soccer.

Winner scored with match moments away from penalty kicks. A first bronze medal still possible for Canada

Canada's women's soccer team has suffered Olympic heart-break once again at the hands of its archrival.

Alex Morgan scored in the 123rd minute Monday to lead the No. 1-ranked United States to a 4-3 victory over the seventh-ranked Canadians in the semifinals of the London Olympics, delivering a dagger in the heart of a squad that paced the U.S. goal for goal all night long.

Canada's captain Christine Sinclair recorded a hat trick — goals No. 141 through 143 of her illustrious career — to lead her team in what was almost a massive upset.

But as the possibility of penalty kicks loomed large, Morgan rose to meet a cross and deftly placed a header past Canadian goalkeeper Erin McLeod, continuing Canada's eleven years of hurt. Canada hasn't beaten its North American rival since 2001 — a span of 27 games.

Megan Rapinoe scored twice for the U.S., while Abby Wambach scored on a penalty kick in a gripping game played in the historic confines of Manchester United's Old Trafford Stadium.

Wambach's penalty came after the U.S. was given a free

Next up

- The Canadians will play France for the bronze medal on Thursday in Coventry, while the U.S. will battle Japan, 2-1 winners over the French, in the other semifinal.
- Canada will still play for its first medal in Olympic soccer history, and what would be the country's first Summer Games medal in a team sport — not counting rowing or equestrian — since 1936.

kick outside the Canadian box by Norwegian referee Christiana Pedersen when McLeod was whistled for holding the ball for more than six seconds. Marie-Eve Nault was charged with a handball in the penalty area on the ensuing kick.

"We feel like we didn't lose, we feel like it was taken from us," Sinclair said. "It's a shame in a game like that that was so important, the ref decided the result before it started."

Canadian coach John Herdman was livid with Pedersen.

"She'll have to sleep in bed tonight after watching the replays, she's got that to live with," he said. "We'll move on from this, I wonder if she'll be able to."

Sinclair's first goal came in the 22nd minute and the two teams would trade goals in rapid-fire succession for the rest of the night.

THE CANADIAN PRESS



Christine Sinclair, right, moves the ball against Tobin Heath Monday in Manchester. MIKE RIDWOOD/THE CANADIAN PRESS/HO

Equestrian

Canada falls short in show jumping

Canada had seasoned riders but not the equivalent horsepower to repeat as Olympic medallists in team show jumping.

Ian Millar of Perth, Ont., Eric Lamaze of Schomberg, Que., and Jill Henselwood of Oxford Mills, Ont., finished fifth Monday.

Britain won a jump-off for gold against the Netherlands in front of a frenzy of Union Jacks at Greenwich Park. Saudi Arabia was third.

The trio earned team silver four years ago in Beijing, but all came to London on youthful horses with less experience.

THE CANADIAN PRESS



Ian Millar on horseback Sunday. THE CANADIAN PRESS

Overall performance

Canadian medal haul stalls at 10

Canada has gone back-to-back days without a medal for the first time at these Olympic Games after missing the podium Monday.

After a solid first half, Canada remains stalled at 10 medals, including one gold.

The goal is a top-12 finish in the overall medal standings. Canada is tied for 11th with the Netherlands.

THE CANADIAN PRESS

Tuesday's 3 to watch



Women's basketball

Unlike their U.S. opponents, Canada is in uncharted territory. Canada is playing in its first quarter-finals while anything less than gold will be a disappointment to the Americans.

Time: 7 a.m.
Channel: TSN

Cycling

Edmonton's Tara Whitten stands fourth at the midway point of the six-event omnium at the Olympic Velodrome.

The two-time world omnium champion already won bronze in the women's team pursuit at the Games.

Time: 9 a.m.
Channel: TSN



Men's soccer

The only top contender left in the men's soccer tournament, Brazil has no excuse to leave London without the gold medal. First, though, it will have to get past South Korea in the semifinals.

Time: 10 a.m.
Channel: TSN
THE CANADIAN PRESS/
THE ASSOCIATED PRESS

Hurdling. Zelinka gets back on track by qualifying for 100-metre hurdle semis

Jessica Zelinka returned to the track at the London Games on Monday morning and booked a spot in the semifinals of the 100-metre hurdles.

The London, Ont., athlete finished second in her heat with a time of 12.75 seconds. The semifinals will be held Tuesday.

"This was my warm up day and tomorrow will be my race day," said Zelinka.

She'll be joined by Phylicia George of Markham, Ont., and Nikkita Holder of Pickering, Ont., who also made it through qualifying.

Zelinka is looking to rebound from a disappointing seventh-place finish in the heptathlon over the weekend.

She elected to rest on Sunday and wasn't sure exactly what to expect after re-



Jessica Zelinka. THE CANADIAN PRESS FILE

turning to competition.

"I'm just glad I found my legs again and this is just like a reminder saying, 'Body, you're not done, and

Quoted

"This was my warm up day and tomorrow will be my race day."

London, Ont.'s Jessica Zelinka qualified for Thursday's semifinals in the 100-metre hurdles event

tomorrow, keep it going even more," said Zelinka.

It was a productive morning session for Canadian athletes.

Geoff Harris of Halifax advanced in the men's 800 metres with a personal-best time of 1:45.97 while Hilary Stellingwerff of Grand Bend, Ont., and Winnipeg's Nicole Sifuentes each qualified for the semifinals of the women's 1,500 metres.

THE CANADIAN PRESS

Van Koeeverden sails through semis

Kayak. Kayaker in pursuit of his fourth Olympic medal in Wednesday's eight-man final

It looks like all systems are go for Adam van Koeeverden at the Olympics.

The reigning world champion advanced to the final of the K-1 1,000 metres in the Olympic kayaking competition, winning both his morning heat and semifinal.

But Monday was all about going fast enough to race, and get a good lane, in Wednesday's eight-man kayak final. Van Koeeverden dismissed the suggestion that his semifinal win in three minutes 28.209 seconds might be a statement.

"Doesn't matter," he said. "These guys don't respect that. I mean I don't respect somebody who wins in the semi. It's like 'Good job, but the race is on Wednesday.'"

And it should be a doozy, with a who's who of kayaking



Adam van Koeeverden slows his kayak after winning his men's kayak single 1000-metre semifinal in Eton Dorney on Monday. THE ASSOCIATED PRESS

Quoted

"I don't respect somebody who wins in the semi. It's like 'Good job, but the race is Wednesday.'"

Olympic kayaker Adam van Koeeverden

in the field, including two-time world champion Max Hoff of Germany, who won the other semifinal in 3:29.294 under sunshine at Eton Dorney.

Other finalists include Sweden's Anders Gustafsson,

a van Koeeverden training partner who is two-time runner-up at the worlds; Norway's Eirik Veras Larsen, an Olympic silver medalist in 2008 and gold medalist in 2004; Belarus' Aleh Yurenia, a World Cup winner; three-time World Cup champion Rene Poulsen of Denmark; and 2008 Olympic champion Tim Brabants of Britain.

"I'm putting a lot of pressure on myself, which is good," said van Koeeverden. "I just want to race fast."

THE CANADIAN PRESS



Swimmingly in sync

Marie-Pier Boudreau Gagnon and Elise Marcotte of Canada compete during the preliminary round of women's duet synchronized swimming at the Aquatics Centre in London on Monday. The Canadian pair qualified fourth for Tuesday's final. Natalia Ishchenko and Svetlana Romashina of Russia were the top qualifiers. MARK J. TERRILL/THE ASSOCIATED PRESS

Day 10 results

MEDAL STANDINGS

179 of 302 total medal events

Nation	G	S	B	Tot
China	31	19	14	64
United States	29	15	19	63
Russia	7	17	18	42
Britain	18	11	11	40
Japan	2	12	14	28
France	8	9	9	26
South Korea	11	5	6	22
Germany	5	10	7	22
Australia	2	12	8	22
Italy	7	6	4	17
Netherlands	3	3	4	10
Canada	1	3	6	10
Ukraine	3	0	6	9
Hungary	4	1	3	8
Belarus	3	2	3	8

WHAT CANADA DID

Monday at the 2012 London Olympics

ATHLETICS

Men's 800 — Geoff Harris, Halifax, finished second in his heat and qualified with a time of one minute, 45.97 seconds.

Women's 100 hurdles — All three Canadians entered in first-round qualifying advanced to the next round. Jessica Zelinka, Calgary, finished second in her heat with a time of 12.75. Nikkita Holder, Pickering, Ont., finished fifth in her heat four in 12.93. And Phyllicia George, Markham, Ont., finished second in her heat in 12.83.

Women's 1500 — Both Canadians entered in first-round qualifying advanced to the next round. Hilary Stellingwerf, Grand Bend, Ont., finished sixth in her heat with a time of four minutes, 57.9 seconds. And Nicole Siffuentes, Winnipeg, finished seventh in her heat in 4:07.65.

Women's shot put — Julie Labonte, Ste-Juste, Que., finished 11th in her qualifying group with a throw of 17.48 metres and failed to advance to the next round.

Women's 200 — Crystal Emmanuel, Toronto, finished fifth in her first-round qualifying heat in 23.10 and advanced to the next round.

Women's 400 hurdles — Sarah-Lynn Wells, Toronto, finished eighth in her semifinal heat in 56.71 and failed to advance to the final.

BOXING

Women's 75kg — Mary Spencer, Wiarton, Ont., lost 17-14 in her quarter-final match to Li Jinli of China.

Men's 91+kg — Simon Keon, Trois-Rivieres, Que., lost 20-6 to Ivan Dychko of Kazakhstan in a men's quarter-final bout.

CANOE-KAYAK

Men's kayak singles 1,000 — Adam van Ko-

everden, Oakville, Ont., won his semifinal heat with a time of three minutes, 28.209 seconds and advanced to the final.

Men's canoe singles 1,000 — Mark Oldershaw, Burlington, Ont., finished second in his semifinal heat in 3:52.197 and advanced to the final.

Men's kayak doubles 1,000 — Ryan Cochrane, Windsor, N.S., and Hugues Fournel, Lachine, Que., finished fifth in their semifinal heat in 3:29.819 and advanced to the final.

CYCLING

Women's omnium — Tara Whitten, Edmonton, is in fourth place overall after three races. She will race for a medal on Tuesday.

EQUESTRIAN

Team jumping — Canada (Jill Henselwood, Oxford Mills, Ont.; Eric Lamaze, Schomberg, Ont.; Ian Millar, Perth, Ont.), finished fifth with a score of 26.

Individual jumping — Millar finished in a tie for 11th place with a score of eight. Lamaze finished in a tie for 22nd with a score of nine.

SAILING

Women's laser radial — Danielle Dube, Glen Haven, N.S., finished 27th after the final rankings with a score of 220.

Men's laser — David Wright, Toronto, finished 23rd after the final rankings with a score of 184.

Men's 470 — Mike Leigh and Luke Ramsay, both Vancouver, are in 24th place after the eighth race.

Men's 49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in 16th place after the 14th race.

SYNCHRONIZED SWIMMING

Duet — Marie-Pier Boudreau, Riviere-du-Loup, Que., and Elise Marcotte, Quebec City, finished fourth with a score of 189.250 and advanced to the next round.

DIVING

Men's three-metre springboard — Both Canadians entered in the preliminary round advanced to the semifinal. Alexandre Despatie, Montreal, finished ninth with a score of 458.55. Francois Imbeau-Dulac, St-Lazare, Que., finished 12th with a score of 449.30.

SOCCER

Women — Canada lost 4-3 to the U.S. in extra time in the semifinals, despite getting all three goals from Christine Sinclair, Burnaby, B.C. Canada will now play France for the bronze on Thursday.

SOCCER

WOMEN

SEMIFINALS

Monday, Aug. 6

At Wembley, England

Japan 2, France 1

At Manchester, England

United States 4, Canada 3, extra time

BRONZE MEDAL MATCH

Thursday, Aug. 9

At Coventry, England

France vs. Canada, 8 a.m.

GOLD MEDAL MATCH

Thursday, Aug. 9

At Wembley, England

Japan vs. United States, 2:45 p.m.

UNITED STATES 4, CANADA 3

Canada 1 2 0 0-3

United States 0 3 0 1-4

First Half—1, Canada, C.Sinclair, 22.

Second Half—2, United States, M.Rapinoe, 54.

3, Canada, C.Sinclair, 67, 4, United States,

M.Rapinoe, 70, 5, Canada, C.Sinclair, 73, 6,

United States, A.Wambach, 80 (PK).

First Extra Time—None.

Second Extra Time—7, United States, A.Morgan, 120+3.

Yellow Cards—D.Scott, Canada, 60; M.Tancredi, Canada, 79.

Red Cards—None.

Referee—Christiana Pedersen, Norway. **Assistant Referees**—Hege Steinlund, Norway; Lada Rojic, Croatia. **Fourth Official**—Hong Eun Ah, South Korea.

BASKETBALL

MEN

Group A

Country	W	L	Pts
United States	5	0	10
France	4	1	9
Argentina	3	2	8
Lithuania	2	3	7
Nigeria	1	4	7
Tunisia	0	5	5

Group B

Country	W	L	Pts
Russia	4	1	9
Brazil	4	1	9
Australia	3	2	8
Spain	3	2	8
Britain	1	4	6
China	0	5	5

Monday, Aug. 6

Australia 82, Russia 80

Lithuania 76, Tunisia 63

France 70, Nigeria 73

Britain 90, China 58

Brazil 88, Spain 82

United States 126, Argentina 97

Doping

Italy's Schwazer won't get chance to defend title

Defending Olympic 50K race-walk champion Alex Schwazer was caught doping in Italy and will miss the London Games.

The Italian Olympic Committee, also known as CONI, said Monday that Schwazer

tested positive for doping and has been removed from the team.

CONI president Gianni Petrucci said Schwazer had admitted to doping on what was a "bitter day" for Italian sports.

Earlier Monday, the team said an unidentified athlete had failed a doping test conducted for the World Anti-Doping Agency before arriving in London.

THE ASSOCIATED PRESS



Bolt unhappy with 'weird' security measures



Jamaica's Usain Bolt celebrates winning the men's 100-metre sprint on Sunday night in London. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Apparently being the fastest man on Earth doesn't get you through security any quicker at the Olympics. There's no cutting the line for Usain Bolt.

And the Olympic champion is not happy about it. Especially when the security guards held him up ahead of his marquee 100-metre event.

"I was in the line, we were waiting to run and the guy was telling me to line up straight," Bolt said early Monday. "I was like, 'Really? We're about to run and they are going to make me stand in a straight line?'"

The track star even had

Quoted

"It's just some weird small rules that don't make any sense to me, personally."

Olympic gold medal-winner Usain Bolt on his trouble with Olympic Games security.

trouble bringing his skipping rope past security.

"They said I can't bring it in, and I asked, 'Why?'" Bolt recalled. "They just said, 'It is the rules.' So if I have a rubber band that I need to stretch, I can't take it in. And when I asked why, they say, 'It's just the rules.'"

"It's just some weird small rules that don't make any sense to me, personally."

Security has been the only major problem area for Games organizers. Thousands of soldiers, sailors and air-force personnel had to be drafted to plug the gaps left by the failure by private security contractor G4S to supply all the guards it had promised. It is mainly G4S guards manning entry and exit points.

"Every venue is different.

Wherever it happens to be in the world, there are different protocols in most places," London organizing committee chairman Sebastian Coe said. "That's the nature of it."

But there will be an investigation into Bolt's frustrations, which Coe initially tried to claim had been "lost in the translation."

"I will look at this," Coe said. "I am presuming the skipping rope was there as a warm-up aid, so I will, of course, look at that."

Coe pointed out the bureaucracy that baffled Bolt "didn't seem to slow him up too much."

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	63	45	.583	—
Baltimore	58	51	.532	5½
Tampa Bay	56	52	.519	7
Boston	55	55	.500	9
Toronto	53	55	.491	10

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	60	48	.556	—
Detroit	59	50	.541	1½
Cleveland	50	59	.459	10½
Minnesota	48	61	.440	12½
Kansas City	45	63	.417	15

WEST DIVISION

	W	L	Pct	GB
Texas	63	45	.583	—
Oakland	58	50	.537	5
Los Angeles	58	51	.532	5½
Seattle	51	60	.459	13½

Monday's results

Minnesota 14, Cleveland 3
Detroit 7, N.Y. Yankees 2
Baltimore 3, Seattle 1
Boston 9, Texas 2
Chicago White Sox 4, Kansas City 2
L.A. Angels at Oakland

Sunday's results

Detroit 10, Cleveland 8, 10 innings
N.Y. Yankees 6, Seattle 2
Boston 6, Minnesota 4
Baltimore 1, Tampa Bay 0, 10 innings
Chicago White Sox 4, L.A. Angels 2
Kansas City 7, Texas 6, 10 innings
Toronto 6, Oakland 5

Tuesday's games

Minnesota (Deduno 3-0) at Cleveland (Kluber 0-0), 7:05 p.m.
N.Y. Yankees (P.Hughes 11-8) at Detroit (Porcello 8-6), 7:05 p.m.
Seattle (Beavan 7-6) at Baltimore (Britton 1-1), 7:05 p.m.
Texas (Dempster 0-0) at Boston (Lester 5-9), 7:10 p.m.
Toronto (Happ 0-0) at Tampa Bay (Shields 9-7), 7:10 p.m.
Kansas City (B.Chen 7-9) at Chicago White Sox (Peavy 9-7), 8:10 p.m.
L.A. Angels (C.Wilson 9-7) at Oakland (B.Colon 8-8), 10:05 p.m.
Wednesday's games
Minnesota at Cleveland, 12:05 p.m.
Texas at Boston, 1:35 p.m.
L.A. Angels at Oakland, 3:35 p.m.
N.Y. Yankees at Detroit, 7:05 p.m.
Seattle at Baltimore, 7:05 p.m.
Toronto at Tampa Bay, 7:10 p.m.
Kansas City at Chicago White Sox, 8:10 p.m.

SUNDAY

BLUE JAYS 3, ATHLETICS 5

Toronto	ab	r	h	bi	Oakland	ab	r	h	bi
RDavis lf	5	2	2	0	Crisp cf	4	0	1	1
Gose cf	4	2	2	1	JGoms lf	4	1	2	0
Encmc dh	4	2	2	2	Reddck rf	4	1	1	3
YEscor ss	5	0	1	2	Cespedes dh	4	0	0	0
KJhnsn 2b	3	0	2	1	Carter 1b	3	0	0	0
Mathis c	4	0	0	0	Inge 3b	4	1	2	0
YGoms 1b-3b	4	0	0	0	DNorris c	4	0	1	1
Sierra rf	4	0	2	0	Rosales ss	3	1	1	0
Hdvrr 3b	3	0	0	0	Moss ph	0	0	0	0
Cooper ph-1b	1	0	1	0	Sogard pr	0	0	0	0
JWeeks 2b	3	1	0	0					
Totals	37	6	12	6	Totals	33	5	8	5

Toronto	100	230	000	6
Oakland	013	000	100	5

DP—Toronto 2, LOB—Toronto 7, Oakland 4.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	65	43	.602	—
Atlanta	63	46	.578	2½
New York	53	56	.486	12½
Miami	49	60	.450	16½
Philadelphia	49	60	.450	16½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	66	43	.606	—
Pittsburgh	62	46	.574	3½
St. Louis	60	49	.550	6
Milwaukee	49	59	.454	16½
Chicago	43	63	.406	21½
Houston	36	73	.330	30

WEST DIVISION

	W	L	Pct	GB
Los Angeles	59	50	.541	—
San Francisco	59	50	.541	—
Arizona	55	54	.505	4
San Diego	46	64	.418	13½
Colorado	38	68	.358	19½

Monday's results

Pittsburgh 4, Arizona 0
Atlanta 6, Philadelphia 1
Milwaukee 6, Cincinnati 3
St. Louis 8, San Francisco 2
Washington at Houston
Chicago Cubs at San Diego
Colorado at L.A. Dodgers

Sunday's results

Pittsburgh 6, Cincinnati 2
Philadelphia 5, Arizona 4
Atlanta 6, Houston 1
Washington 4, Miami 1
San Francisco 8, Colorado 3
San Diego 7, N.Y. Mets 3
L.A. Dodgers 7, Chicago Cubs 6
St. Louis 3, Milwaukee 0

Tuesday's games

Arizona (Corbin 3-4) at Pittsburgh (Karstens 4-2), 7:05 p.m.
Atlanta (Minor 6-7) at Philadelphia (Hamels 11-6), 7:05 p.m.
Miami (LeBlanc 1-1) at N.Y. Mets (Niese 8-5), 7:10 p.m.
Washington (Detwiler 6-4) at Houston (Lyles 2-8), 8:05 p.m.
Cincinnati (Cueto 14-5) at Milwaukee (Fiers 5-4), 8:10 p.m.
San Francisco (Zito 8-8) at St. Louis (Lynn 13-4), 8:15 p.m.
Chicago Cubs (Raley 0-0) at San Diego (Ohlendorf 3-2), 10:05 p.m.
Colorado (White 2-6) at L.A. Dodgers (Harang 7-6), 10:10 p.m.
Wednesday's games
Cincinnati at Milwaukee, 2:10 p.m.
Chicago Cubs at San Diego, 6:35 p.m.
Arizona at Pittsburgh, 7:05 p.m.
Atlanta at Philadelphia, 7:05 p.m.
Miami at N.Y. Mets, 7:10 p.m.
Washington at Houston, 8:05 p.m.
San Francisco at St. Louis, 8:15 p.m.
Colorado at L.A. Dodgers, 10:10 p.m.

2B—R.Davis (14), Gose (3), Encarnacion (21), Crisp (9), J.Gomes (7), D.Norris (3), Rosales (11), HR—Encarnacion (29), Reddick (24). CS—K.Johnson (2), S—Gose.

Toronto	IP	H	R	ER	BB	SO
Laffey W,3-2	6	6	4	4	1	4
Lyon H,2	1	2	1	1	0	3
Loup H,2	2-3	0	0	0	0	1
Delabar H,4	1-3	0	0	0	0	1
Janssen S,14-15	1	0	0	0	0	1
Oakland						
Milone L,9-9	6	9	6	6	1	4
Scriber	2	3	0	0	0	1
Figueroa	1	0	0	0	0	1

HBP—by Milone (K.Johnson).

Umpires—Home, Phil Cuzzi; First, Greg Gibson; Second, Manny Gonzalez; Third, Gerry Davis.

T—2:57. A—18,308 (35,067).

SATURDAY

BLUE JAYS 3, ATHLETICS 1 (11 INN.)

Toronto	ab	r	h	bi	Oakland	ab	r	h	bi
YEscor ss	5	0	1	0	JWeeks 2b	4	0	1	0
KJhnsn 2b	5	0	0	0	Taylor rf	4	0	0	0
Encmc 1b	5	1	2	0	Crisp ph-cf	0	0	0	0
Cooper dh	5	1	1	1	Reddck cf-ff	5	0	0	0
RDavis lf	4	1	1	0	Carter 1b	2	0	0	0
YGoms c	2	0	0	0	Cespedes pr	0	0	0	0
Mathis ph-c	2	0	0	0	Moss 1b	1	0	0	0
Sierra rf	5	0	3	1	JGoms lf	5	0	0	0
Gose cf	4	0	2	0	Inge 3b	5	1	0	0
Hdvrr 3b	3	0	0	0	DNorris dh	3	0	1	1
Kottars c	3	0	1	0					
Rosales ss	2	0	1	0					
Sogard ph-ss	1	0	0	0					
Totals	40	3	10	2	Totals	35	1	4	1

Toronto	000	000	001	02-3
Oakland	010	000	000	00-1

E—Kottaras (1), DP—Toronto 2, LOB—Toronto 8, Oakland 8, 2B—Sierra (1), Gose (2), D.Norris (2), HR—Cooper (3), SB—Encarnacion 2 (12), R.Davis (29), S—Gose.

Toronto	IP	H	R	ER	BB	SO
R.Romero	7	3	1	1	4	5
Delabar	11-3	0	0	0	0	3
Janssen	2-3	0	0	0	0	0
J.Chavez W,1-1	1	1	0	0	2	1
Oliver S,2-3	1	0	0	0	0	1
Oakland						
Griffin	12-3	1	0	0	0	0
Norberto	3-2	4	0	0	0	4
Neshek H,1	12-3	0	0	0	1	1
Balfour H,15	1	0	0	0	0	0
R.Cook BS,7-18	1	1	1	1	0	0
Blevins L,4-1	2	4	2	2	2	3

T—3:37. A—17,121 (35,067).

LATE FRIDAY

ATHLETICS 5, BLUE JAYS 4 (15 INN.)

Toronto	ab	r	h	bi	Oakland	ab	r	h	bi
Lawrie 3b	1	0	0	0	Crisp cf	5	1	2	1
Vizquel 3b	6	0	2	0	JGoms dh	5	1	2	1
Rasmus cf	5	0	2	0	Reddck rf	5	0	2	1
Lincoln p	0	0	0	0	Cespedes lf	3	1	2	0
Loup p	1	0	0	0	Taylor ph-ff	1	0	0	0
Encmc dh-1b	4	0	0	0	Moss ph-ff	2	0	0	0
KJhnsn 2b	6	1	1	0	Carter 1b	5	1	1	1
YEscor ss	6	0	2	0	Inge 3b	6	0	1	1
Cooper 1b	4	0	2	0	DNorris c	6	0	1	0
Sierra pr	0	1	0	0	Rosales ss	3	0	0	0
YGoms 1b-ff	3	0	1	0	Sogard ph-ss	3	0	0	0
RDavis lf-ff	5	1	1	1	JWeeks 2b	6	1	3	0
Mathis c	6	1	1	3					
Gose rf-cf	6	0	0	0					
Totals	53	4	11	4	Totals	50	5	14	5

Toronto	000	100	003	000-000	4
Oakland	011	110	000	000-001	5

One out when winning run scored.

E—Rasmus (6), DP—Toronto 3, LOB—Toronto 11, Oakland 7, 2B—Rasmus (20), Y.Escobar (13), Cooper (6), 3B—JWeeks (7), HR—Mathis (6), J.Gomes (11), Carter (9), SB—Encarnacion (10), Crisp (21), Reddick (9), Cespedes (9), CS—Cespedes (3), D.Norris (1). SF—R.Davis, Crisp, Reddick.

Toronto	IP	H	R	ER	BB	SO
Cecil	5	9	4	4	1	1
Lyon	2	1	0	0	0	3
Oliver	2-3	1	0	0	0	0
Janssen	11-3	0	0	0	0	2
Lincoln	31-3	1	0	0	2	3
Loup L,0-2	2	2	1	1	0	3
Oakland						
Straily	6	5	1	1	1	5
Balfour H,14	2	0	0	0	0	3
R.Cook BS,6-17	1	3	3	3	0	2
Blevins	2-3	0	0	0	1	0
Neshek	11-3	0	0	0	0	3
Doolittle	1	2	0	0	1	1
Blackley W,4-3	3	1	0	0	2	2

T—4:47. A—30,169 (35,067).

CFL

WEEK SIX

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Hamilton	5	3	2	0	162	167	6
Montreal	6	3	3	0	164	188	6
Toronto	6	3	3	0	138	151	6
Winnipeg	6	1	5	0	127	199	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	6	4	2	0	158	119	8
Saskatchewan	5	3	2	0	155	113	6
Edmonton	5	3	2	0	111	79	6
Calgary	5	2	3	0	155	154	4

Byes: Calgary, Edmonton, Hamilton, Saskatchewan

Monday's result

B.C. 18 Toronto 9

Saturday-Sunday

No games scheduled.

Friday's result

Montreal 36 Winnipeg 26

Week SEVEN

Byes: B.C., Montreal, Toronto, Winnipeg

Thursday, Aug. 9

Calgary at Hamilton, 7 p.m.

Friday, Aug. 10

Saskatchewan at Edmonton, 9:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pts
Houston	23	11	5	7	35	25	40
Sporting K.C.	23	12	7	4	28	21	40
New York	23	11	7	5	38	34	38
D.C.	21	11	7	3	35	27	36
Chicago	22	10	7	5	25	24	35
Montreal	25	9	13	3	35	43	30
Columbus	20	8	8	4	20	21	28
Philadelphia	20	7	11	2	22	24	23
New England	22	6	11	5	26	28	23
Toronto FC	22	5	13	4	25	40	25

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pts
San Jose	23	13	5	5	45	28	44
Real Salt Lake	24	13	8	3	35	28	42
Seattle	22	10	5	7	31	22	37
Vancouver	23	9	7	7	26	28	34
Los Angeles	24	10	11	3	39	39	33
Chivas USA	20	7	8	5	14	21	26
Colorado	23	8	14	1	29	32	25
FC Dallas	24	5	11	8	26	32	23
Portland	22	5	12	5	20	37	20

Horoscopes

Aries

March 21 - April 20

Don't just assume that what is good for others is going to be good for you too. The opposite is likely true. The first rule of life is to do no harm — especially to yourself.

Taurus

April 21 - May 21

Your confidence will reach new heights over the next 24 hours and if you use it sensibly, anything is possible. Remember though that might does not make right. There will always be someone stronger than you.

Gemini

May 22 - June 21

As Venus moves into the money area of your chart today, you won't be quite so worried about how much you spend. But that is not an excuse to splash out on things you don't need. Balance.

Cancer

June 22 - July 23

With Venus, planet of attraction, moving into your birth sign you will get admiring glances wherever you go and whatever you do. You will find both love and excitement today — or, more likely, they will find you.

Leo

July 24 - Aug. 23

The more critics and rivals tell you that some things are not possible, the more you will strive to prove them wrong. Go out of your way to show the world what you are capable of. It's far more than most people realize.

Virgo

Aug. 24 - Sept. 23

You may be inclined to forgive someone who has let you down but unless you want this to become a regular occurrence, you must make it clear that your generosity of spirit stretches only so far.

Libra

Sept. 24 - Oct. 23

Venus, your ruler and planet of attraction, crosses the career angle of your chart today, so most likely you will be praised by everyone. The world admires, and needs, your special talents.

Scorpio

Oct. 24 - Nov. 22

If you can find the right balance between charm and assertiveness today, you can win over someone whose approval you have been seeking for a very long time. Travel plans are well starred too, so get out into the world.

Sagittarius

Nov. 23 - Dec. 21

You need to be more open about what you think and feel because the more you show your vulnerable side, the more other people will open up to you in turn. Let them see you care — like they care.

Capricorn

Dec. 22 - Jan. 20

Venus moving into your opposite sign makes this the ideal time to start something new on either the creative or romantic fronts — or both. Turn on the charm and persuade others to give you the chance you deserve.

Aquarius

Jan. 21 - Feb. 19

For too long you have been focusing on issues that are of no real importance, while neglecting those which should have been dealt with a long time ago. It's not too late to change things. Start now.

Pisces

Feb. 20 - March 20

In all one-to-one situations, both in your personal life and at work, your powers of persuasion will get you out of almost any kind of trouble you may find yourself in.

SALLY BROMPTON

Crossword: Canadian Miscellany

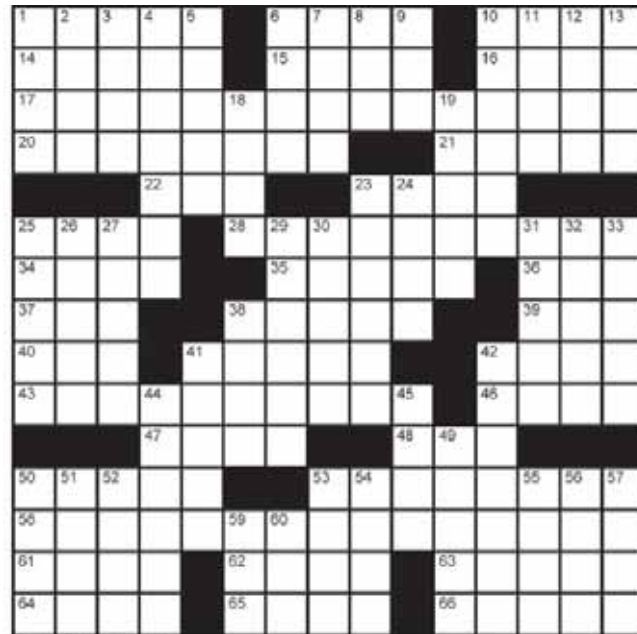
Across

- Action words
- Alta. neighbor
- Lost seaworthiness
- Abraham's son
- Lhasa ____ : small dog
- Bassoon relative
- Victoria's location (2 wds.)
- Wrote (a book)
- List items
- Any of 43-Across: abbr.
- "Mmm-hmm" (2 wds.)
- ____ *La Douce*: 1963 Lemmon-Maclaine film
- Calgary team
- Anon
- Show contempt for, as a contract (2 wds.)
- Clean the kitchen floor
- Solo of *Star Wars*
- Continue without a break (2 wds.)
- Oriental sash
- Halloween mo.
- Pursuits of good reporters
- "I have ____ good authority" (2 wds.)
- They form the Alberta-BC border (2 wds.)
- Aerialist precautions
- For Your ____ Only
- Here: Fr.
- Barracks boss, briefly
- Ottawa team
- Alberta, Saskatchewan, or BC (2 wds.)
- Has ____ with: is connected (2 wds.)
- Fast-moving sport jai ____
- ____ Joe's": diner

- invitation (2 wds.)
64. Pop
65. Iditarod's Alaska terminus
66. Be careless with a bucket

Down

- ____ *Las Vegas*: 1964 Elvis movie
- Biblical Jacob's brother
- Angry outburst
- Winnipeg's Randy ____ : cofounder of 1970s rock band familiarly called BTO
- "Get out of here!"
- Computer menu selection
- Copied
- Letters that once designated Soviet republics
- Goldfish cousin in backyard ponds
- Flew alone, perhaps for the first time
- "I've got ____ feeling about this!" (2 wds.)
- "That's a ____!" (taboo)
- Sneakers brand
- Banquet coffeepots
- At quite an incline
- "I hate to ____ on you, but ..." (ask a lot of)
- Created a web or a tale
- ____ the Sheriff" (2 wds.)
- Disliked insect
- ____ Carlo: Monaco's



Copyright © 2012 Michael Wiesenberg

- capital
29. Semis
30. "____ a stinker?": Bugs Bunny line (2 wds.)
31. Overact
32. Automaton
33. PR interpretations
38. 100-metre dash, e.g.
41. Hotel lobby
42. First letter
44. Saskatchewan's capital

45. Comb. form for China, as in ____-Soviet
49. Bat lairs
50. Aromatherapy spots
51. Florence's river
52. Weapon to combat 26-Down
53. Unwanted email
54. Great Lake
55. Having knowledge of
56. Some TVs

57. Actor Green of Austin Powers movies or Adam's third son
59. Bond creator Fleming
60. "Evil Woman" group, briefly

Friday's crossword



What's online

See today's answers at metronews.ca/answers.

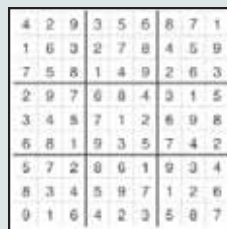


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 26°
MIN: 17°



MAX: 29°
MIN: 13°



MAX: 24°
MIN: 12°



ANDREW SCHULTZ
WEATHER SPECIALIST

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."
WEEKDAYS 5:30 AM



Save big on furniture so your kid can afford to party. Um, we mean, to study.

Go back to school with IKEA.

Visit IKEA.ca for store locations and hours. Or to shop from home, visit our website or call 1-866-866-IKEA



Adventure! Teach English Overseas

- TESOL Certified in 5 Days
- In-Class or Online
- No Degree Required!

1.888.270.2941

Job Guaranteed!

Next in-class course: Aug 22nd - 26th, 2012

Next Seminar: Aug 7th, 2012 @ 7pm

Travelodge University Hotel - 2227 Banff Trail NW

www.globaltesol.com



Get yours
before August 13



iPhone 4 is now \$0

\$0

with select 3-year
Fido Agreements*



iPhone

Get the Fido ADVANTAGE™

FidoTRADE | FidoDOLLARS | Fido LiveANSWERS



It's time to switch.

Go to **fido.ca**, visit a store or call 1-866-301-3436.



FIDO STORES

275 Shawville Blvd., Calgary
Chinook Centre, Calgary
CrossIron Mills, Calgary
Deerfoot Outlet Mall, Calgary
Market Mall, Calgary

Marlborough Mall, Calgary
Southcentre Mall, Calgary
Sunridge Mall, Calgary
Park Place Shopping Centre, Lethbridge
Medicine Hat Mall, Medicine Hat

FUTURE SHOP

booth
wireless

BEST
BUY

LONDON
DRUGS

«WIRELESSWAVE»

WIRELESS etc...

COSTCO
WHOLESALE

Walmart

THE MOBILE SHOP
Exclusively where President's Choice® products are sold.

Offers end August 13, 2012 and are subject to change without notice. *With new activation on 3-year Fido Agreement on plans of \$25 or more and eligible Data Add-on (e.g. \$10/100 MB Add-on excluded); Device Savings Recovery Fees and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. Taxes extra. A one-time \$35 Activation Fee applies; receive a credit for the entire amount of the \$35 Activation Fee on your invoice with new activation on a 2- or 3-year Fido Agreement. © 2012